

Hypnosis: What is it and How does it work?

What is hypnosis? Hypnosis is actually a rather natural state that you've likely experienced before. In fact, if you have shed a tear during a movie, or jumped at a scary part of a movie; then, you have experienced a profound hypnotic response. Even though you were aware of crying or jumping in the movie, you didn't do anything consciously, on purpose, to make yourself jump or cry. But, another level of your mind subconsciously responded to the sensory experience from the movie.

Scientists estimate that 95% of what we feel or do is driven by processes going on in the mind and body below our conscious awareness, and that only 5% of what we are doing at any given moment is conscious. The conscious mind is the part of our mind that we use to set goals, make decisions, and reason things out. Meanwhile, the part of the mind that is subconscious is doing many things such as keeping your breathing regulated and your heart beating; or, processing sensory information from the environment like smells, sounds, body language of others, etc. The subconscious mind also stores memories, learned behaviors, belief systems, and governs "automatic" behaviors and responses. So, you have to get this part of the mind involved for lasting change.

Myths about hypnosis: People fear that they will lose control, not remember anything, or have spontaneous unpleasant memories. But, this is not true. You are in full control of the experience, and will only respond to suggestions that make sense to you and are in your best interest. Essentially, all hypnosis is "self-hypnosis". I am only teaching you ways to get your mind and body to respond more the way you want.

Who are good candidates for hypnosis? The best candidates for clinical hypnosis are persons who are highly motivated to overcome a problem. Hypnosis cannot "magically" help you quit smoking or lose weight if you really don't want to do these things. But, if you have a sincere desire to change, you are likely to do very well and find it very rewarding.

Are there any risks in using hypnosis? Although hypnosis is generally a safe procedure with fewer complications than most procedures or medications, some clients feel increased anxiety about the process in general. But, this usually subsides as the client is reassured he/she is in full control, and realizes the experience is rather natural and not scary at all. Other affective responses can occur such as crying, or feeling light-headed or nauseated. Again, these experiences are usually transient and the therapist will work with you to alleviate them if they occur.

Will hypnosis cause me to recall a memory that I may have suppressed? Spontaneous regression to a traumatic event or period of life is rare. If the client wishes to address a specific traumatic event, this therapist will work with the client on ego-strengthening prior to using any hypnotic intervention. Similarly, when the therapist is working with the client on a specific traumatic event, the client will remain fully conscious with eyes open. Clients are taught the Connelly Method of Rapid Resolution Therapy™ which allows them to re-call a memory while remaining empowered and fully, consciously, present WITHOUT having to re-live the event or re-experience the event emotionally. It is often a relief when clients realize they have the ability to do this.

For more information about clinical hypnosis, visit the American Society for Clinical Hypnosis website at www.asch.net. For more information regarding Rapid Resolution Therapy™ and the Connelly Method, visit www.rapidresolutiontherapy.com.