

Modern Hypnotherapy - common misconceptions

The old Svengali-like perception of hypnotherapy often associated with mind control is rapidly being replaced by its effectiveness in dealing with a wide variety of psychological and psychosomatic (physical issues confirmed in the mind) issues.

Hypnotherapy is a very effective tool in tackling negativity, painful emotions and habits. It can be skilfully used to replace all the above with life changing alternatives.

However, in spite of advancements many misconceptions about hypnosis still remain, which means that due to a level of apprehension some people may needlessly avoid hypnosis as a potential treatment.

Here is a few of the reservations people have : -

1. "What if I get stuck in hypnosis?"

This is a common fear, even to this day. Fortunately there have been no reported cases of people getting 'stuck' in hypnosis.

Rarely a person can enjoy the experience of being hypnotized so much, that they appear unresponsive to the hypnotherapist's instructions to emerge from hypnosis. Other than that, you remain in control; you can - if the need should arise - open your eyes at any point.

2. "I do not wish to be controlled by my hypnotherapist!!"

This stems from the old portrayal of hypnosis such as the evil Svengali character that was able to use his innate influence to control others. The media and stage hypnosis have also helped to instill the idea that people can be controlled in hypnosis.

You remain in control throughout a hypnosis session, and though you are willfully accepting the hypnotherapist's programming suggestions, you could just as easily choose to disregard any suggestions that are somehow unacceptable to you.

3. "What if I can't be hypnotized?"

The ability to go into a state of hypnosis is a skill that can be developed over time. Some people are naturally more talented at hypnosis, just as they may be more talented at music or arts, but everybody can improve their hypnotic abilities with practice.

A skilled hypnotherapist will work with each client individually to ensure they have the correct tools and understandings to get results with hypnosis.

4. "Will I lose consciousness?"

In hypnosis you remain fully aware at all times. Indeed, some hypnotherapists believe that awareness is actually enhanced in hypnosis as the mind becomes more relaxed and stilled. A hypnotized person will hear noises, be aware of sensations, and so on.

5. "Will my therapist know all my secrets?"

This is impossible, and is based on the belief that hypnosis involves a loss of control. People feel in control in hypnosis, even though they may experience a willingness to follow the hypnotherapist's positive programming suggestions.

The reality is, it is just as easy to lie in hypnosis which is part of the reason that material recovered whilst a person is in hypnosis is not admissible in court.

Once people understand hypnosis better, they are more able to use it effectively as a patient and get better results.

Hypnosis is an up and coming field and many people are finding that hypnosis, in the right hands, can help them achieve their goals quicker and more effectively than many of the conventional routes.

About the Author

The [hypnotherapy training](#) institute of Britain runs a variety of [training courses](#) in London UK. Be sure to visit the site.

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