

Hypnosis & Hypnotherapy

There are some common misperceptions about hypnosis and hypnotherapy, and some of these can make people nervous about trying hypnosis. I offer this list of myths and facts about hypnosis and hypnotherapy to help people determine if hypnosis may be something they want to try. If you have any questions about hypnosis, feel free to contact me by phone or by e-mail.

Myth: A person is asleep during hypnosis.

Fact: A person is totally awake during hypnosis.

Myth: A person in a hypnotic state does not know what is going on around him/her. He/She has totally tuned out the surroundings.

Fact: A person in a hypnotic state can hear everything that they would ordinarily hear. He/She does have his/her eyes closed, but other than that, he/she is aware of the surroundings.

Myth: The hypnotist can make me do things I don't want to do, like take my clothes off or rob people.

Fact: First, an ethical hypnotist would not even ask a person to do these things in the first place. Second: A person has the ability to reject any suggestion that is contrary to a person's morals or survival. I believe that this misconception comes from stage hypnosis, where a Hypnotist will give individuals suggestions to "Cluck like a chicken" or to act in other unusual ways. Stage hypnosis is done to entertain people, while clinical hypnosis is done to help a client overcome a particular issue. The two styles of hypnosis are very different.

Myth: A person can get stuck in a hypnotic state.

Fact: A person cannot get stuck in hypnosis. For example, you naturally go through a semi-hypnotic state everything you wake up and fall asleep.

Myth: The hypnotist hypnotizes people.

Fact: The client hypnotizes him/herself. The hypnotist guides the client through the process.

Myth: A person loses control of him/herself when hypnotized.

Fact: A person has total control of themselves when hypnotized.

Myth: I've never been hypnotized.

Fact: We experience natural hypnosis, to some degree, every day.

