

Hypnosis versus Hypnotherapy: What is the Difference?

By Anny Slegten
Reiki Master/Teacher
Master Remote Viewer
Master Hypnotist/Clinical Hypnotherapist.

Hypnosis as a technique.

Public awareness on hypnosis has greatly improved since I opened my practice in 1984. At the time, the moment I mentioned I am a Hypnotherapist, people would cover their eyes, turn their head and say, "Don't look at me"!

I would just answer "Relax: I charge!" This reminds me of a cartoon I received: a couple is having a drink on the terrace of a cafe. With starry eyes, the lady says to the gentleman "Are you trying to tell me you can make me come by just gazing into my i-yi-yi-yi-yieees?"

Wow, would it be nice to have power like that: just look at people in the eyes and make them do whatever people think they will be asked to do. Do people really believe this? And, if so, how come they do not see a Hypnotherapist as soon as they want something changed in their life?

What is hypnosis?

Having emotionalized thoughts is a powerful way to plant suggestions, and staying conscious in the moment allows us to program ourselves for what we want. Presenting suggestions so the conscious mind will accept them is an art and is not as easy to do as one is made to believe, for to go subconscious it must have the co-operation of the conscious mind who is acting as "the sensor", "the gate keeper".

It is possible to be in a deep trance and not follow suggestions. Therefore, no matter how deep the trance, there must be co-operation. Yes you are always in control, whether you like it or not. So, how come some people act as if they don't realize what they do when hypnotized? It happens while in a trance or not. Think about it. How many of us did something because the way it was presented to us made it look like the best thing since sliced bread, and regret it later.

Hypnosis is always self-hypnosis: the only one who can hypnotize you is you. Hypnosis relaxes the mind, and that is how it is so valuable in many situations. For example: going into hypnosis just before public speaking helps in the delivery of the presentation. This process is sometimes called "Self Psyching". Using self-hypnosis for relaxation allows the body to self regulate itself, enhancing the body's ability to heal. By relaxing the mind, hypnosis facilitates clarity of thoughts.

Hypnotherapy, the use of hypnosis in therapy

Consider a pencil. Depending what you want to use it for, you can chose a firm lead, a soft lead and anything in between. You can write a report, fill out a form, write a poem or a love letter, doodle, make a schematic, draw a portrait or a landscape. The same goes for hypnosis: the way it is used depends on the

training, the intentions and the ability of the person who uses it, and the needs and level of co-operation of the person participating in the hypnotic experience.

As every individual experiences hypnosis in their own unique way, hypnotherapists have their own style and practice hypnotherapy in their own way. For some hypnotherapists, hypnotherapy is addressing the symptoms, and for some hypnotherapists, hypnotherapy is regression therapy, going from effect back to cause, experiencing now the results of something that impressed our psyche before, wherever that "before" may be. Therefore, the following is my own views on the subject.

Hypnosis as a tool allows you to consciously access information at subconscious level. A voyage within is a fascinating experience, and with proper guidance, the healing, the self-understanding and the inner peace that follows is a homage to life itself

There is a part of us that remembers everything. As you are driving your car today, the way you are driving it now is the result of your perception of what you heard, observed and experienced as a passenger in a vehicle from early childhood on. The same goes with our life. We are the sum of our life experiences, and by regressing from effect back to cause, the fascinating voyages within our own consciousness usually bring a profound healing at soul level, resulting in emotional order, clarity of thoughts and inner peace.

Hypnotherapy makes one also very much aware on how our thoughts can affect us physically. A common example is thinking of a lemon. Pretend you are holding it in your hand. Feel the texture, squeeze it, smell it, pretend you cut it in two crosswise, bring half the lemon to your mouth, and bite into it. Have you noticed how your body responded to this imaginary exercise?

The "Imaginary lemon" experience partially explains why we all respond differently to situations experienced collectively: it is not what actually happened but what we perceive happened that makes an impact in our life. Emotionalized thoughts are like decisions frozen in time. Like ball-and-chain, these outdated decisions are mental blocks keeping attitudes to life at different stages of maturity.

Because of their inherent qualities hypnosis and hypnotherapy can be used alone or in conjunction with other health care modalities. Enhancing other therapies, hypnosis and hypnotherapy can be powerful adjuncts to any therapy of your choice.

Anny is a Clinical Hypnotherapist in private practice since 1984. For information on the services and training she offers in this fascinating field, visit www.success-and-more.com

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