



# Mental Health Association of Northern Kentucky

*A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS*

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

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## **Benefits of Hypnosis**

A wonderful benefit of hypnosis is that you can be taught to use it alone, at will, and without complicated procedures. This fact makes many benefits readily available throughout your lifetime.

Hypnosis can be used to further any human endeavor. With hypnosis you can:

- 🚩 Develop and express awareness and intuition.
- 🚩 Feel worthwhile, self-confident, zestful.
- 🚩 Gain a happier home life; become a better husband, wife, parent, or friend.
- 🚩 Acquire the ability to relax completely in any situation.
- 🚩 Make better decisions.
- 🚩 Improve concentration.
- 🚩 Overcome procrastination.
- 🚩 Increase the quality of your emotional expression.
- 🚩 Reduce conflict and stress.
- 🚩 Promote health and well-being.
- 🚩 Regain your natural ability to sleep easily.
- 🚩 Sell yourself, your ideas, and your services with confidence and enthusiasm.
- 🚩 Increase your income.
- 🚩 Attract and maintain worthwhile friendships.
- 🚩 Discover your negative mental patterns and how they affect you.
- 🚩 Free yourself from hostility, resentment, fear of rejection.
- 🚩 Select your goals in life; chart your course for their realization.
- 🚩 Program your mind with positive mental concepts and success attitudes.
- 🚩 Develop the ability to construct mental images easily.

**Hypnotic services are available in eight application areas.**

1. Mental and emotional health
2. Physical health
3. Psychic and spiritual development
4. Creative and educational endeavors
5. Athletics and sports motivation
6. Business interests
7. Legal concerns
8. Use of imagery to achieve personal goals

**Hypnotherapists assist clients in using imagery to:**

- Gain insight
- Find new solutions
- Restructure old, restrictive, limiting ideas
- Intensify positive feelings
- Eliminate negative feelings

- Strengthen a sense of self-control
- Develop new, healthy habits
- Reduce or eliminate a symptom
- Discover initial causes of problems
- Re-educate and reprogram the sub-conscious mind

**Hypnosis is both a natural state of mind and a process...a process in which the client and the therapist cooperate for the benefit of the client...**

For many years, hypnosis was primarily associated with the theatre or music hall, where stage hypnotists selected members of the audience and put them into a trance. Often the subjects were persuaded to act out or to confess to unconscious longings or fears.

Not surprisingly, hypnosis developed an unsavory reputation in the public mind and in the medical profession. Now, however, hypnosis is being re-evaluated and is seen by many as a technique that has a useful place in a diverse range of medical, psychological and investigative pursuits.

Just as medicine combines both art and science, so does hypnotherapy.

Although hypnosis has existed for hundreds, if not thousands of years...the modern medical use of hypnotherapy...as sanctioned by the American Medical Association...achieved its formal recognition in 1958.

The fascination and curiosity surrounding hypnosis has spanned over two hundred years. In an attempt to explain this incredible phenomenon, several theories emerged early on in this scientific quest, contributing to common misconceptions about hypnosis.

In the late 1700s, Franz Anton Mesmer believed that man could redistribute the quasi-magnetic fluid, existing in all humans, to bring about healing. Shortly after the rise of Mesmer's theory, James Braid, a Scottish surgeon working in Manchester, England coined the term "hypnosis".

Although the word "hypnosis" comes from the Greek word "sleep", the hypnotized individual is not unconscious, asleep or any other such thing. In fact while an individual is hypnotized he or she is more alert than ever.

After a session of hypnotherapy most clients express feelings of profound relaxation and peace. Hypnosis is a feeling that one must experience to fully appreciate.

***DURING THE 19TH CENTURY, MEDICAL SCIENTISTS ATTEMPTED TO ESTABLISH A LINK BETWEEN HYPNOSIS AND VARIOUS PATHOLOGICAL STATES. IT WAS NOT UNTIL THE LATE 1800S THAT THEORISTS BEGAN TO SUGGEST THAT THE SUBJECT CONTROLLED HYPNOSIS.***

In 1882, Hippolyte Bernheim, a professor of medicine at the University of Nancy, France put forth the idea that while under hypnosis all of the power resides in the patient. Once considered a technique involving the surrender of the subject to the will of the hypnotist, it is now understood that the full cooperation of the subject is required for an effective hypnotism.

By the 1920s psychologists, such as Yale Professor Clark L. Hull, conducted experimental investigations in hypnosis. Hull demystified the technique by proposing that hypnosis was essentially a normal part of human nature. The most important factor involved in hypnosis, Hull maintained, was the subject's imagination.

***RECENTLY, USING THE LATEST STATE-OF-THE-ART BRAIN MONITORING SYSTEM, NEUROPSYCHOLOGIST, PIERRE RAINVILLE, FROM THE UNIVERSITY OF MONTREAL,***

***ESTABLISHED THAT THE BRAIN EXPERIENCES SEVERAL PHYSIOLOGICAL CHANGES WHILE UNDER HYPNOSIS, NAMELY THE PRODUCTION OF MENTAL IMAGES, SUSTAINED ATTENTION AND RELAXATION.***

Modern hypnosis has evolved into a well-respected practice and today it is used by certified hypnotherapists, doctors, psychologists and law enforcement. This technique is utilized in a variety of ways, for instance, pain management, stress-related disorders, anesthesia, psychotherapy and memory recall. It is also used the management of a wide range of phobic, anxiety and other psychological disorders.

Hypnotherapy is completely safe and helpful. It is often used in the control of pain, cancer treatments, stress disorders and in cases where other medical practices would be inadvisable, such as the anesthetic of choice with patients with severe heart disease.

Hypnotherapy is also very useful in areas where there are few other effective medical treatments...other than drugs...such as stress reduction, sexual problems, phobias, insomnia, smoking cessation, weight loss and lack of motivation. Hypnotherapy is useful in areas of law, sometimes being the only way vital pieces of evidence are discovered.

If you, or your doctor, ever thought that your problem is "all in your head", then hypnotherapy may be your ideal solution. If your mind created your problem, then your mind can also be used to make you well.

The only people who cannot be hypnotized to a depth that will be helpful are the feeble-minded, the insane and the senile. Also very young children who have not yet developed sufficient mind power cannot be hypnotized...since it does take mind power to use hypnosis.

Hypnotherapy usually saves a client time. As you know, time is money. People who can be helped by hypnotherapy will see changes rapidly. Of course, the client should be strongly motivated and have a strong desire to change.

Since hypnosis is a natural state of mind, you do not have to work hard for hypnotherapy to be effective. In fact just the opposite is true.

The first rule anyone should learn about hypnosis is this: The harder you TRY, the more you fail. So don't TRY to be hypnotized...simply remain passive and LET IT HAPPEN.

Of course the hypnotized individual is expected to concentrate on the suggestions that are presented by the therapist and not criticize them or analyze "How am I doing?"

Simply WANT it to happen. EXPECT it to happen. LET it happen...and it WILL happen!

Hypnotherapy is a natural mental process. Kenneth Grossman combines this mental process with the power of suggestion polished to a glistening smoothness. Suggestions are the heart of any hypnosis session. They come at a time when you are most responsive. They arouse your deep sub-conscious mind to achieve the desired results.

Whether it is eliminating the smoking habit, losing weight and getting into great shape, hitting a golf ball with more concentration than you ever imagined...or overcoming the fear of rejection in a sales situation...or actually enjoying your next visit to the dentist...hypnotherapy can help you achieve results faster than you ever dreamed possible.

Hypnotherapy is a pleasant and enjoyable way to unlock the potential of your sub-conscious mind. Thank you for visiting our web site. We are here to help you to improve your life with hypnosis.