
Information about Hypnosis for Parents

Hypnosis is about learning what you didn't know you knew and controlling what you didn't know you could ... using your mind ... daydreaming on purpose ... thinking to help yourself ... learning how to work to control your mind ...

What is Hypnosis?

Hypnosis is a very old healing modality, a safe, gentle, and effective way to heal, reduce stress, relieve pain, and effect changes in one's life. Hypnosis is a state of mind similar to experiencing a pleasant daydream. People in a hypnotic trance may look like they are asleep, but they are actually relaxed, concentrating, and using their imagination.

If a hypnotherapist is involved, she acts as a coach or facilitator, guiding the person's daydream. The individual patient controls entering and exiting this relaxed state of consciousness. An individual can learn self-hypnosis so he can enter that state of comfort and increased self-control at any time for his own benefit. Learning self-hypnosis is a valuable lifelong skill that is good for the body, mind and spirit.

What is Hypnotherapy?

When a properly trained and credentialed health care professional uses hypnosis as a part of treatment, it is called hypnotherapy. Hypnotherapy is a practical way of helping people manage physical and psychological problems. The hypnotherapist uses relaxation, focused guided imagery, suggestions, and therapeutic metaphors to build self-control over physical and emotional problems.

Contrary to how hypnosis may be portrayed in the movies and on television, the hypnotherapist does not control the individual's behavior. Stage hypnotists take advantage of willing volunteers for the purpose of entertainment. This powerful and personal skill is a gift too valuable for just this purpose. Hypnosis is a state of intense self-control. The therapist may use helpful words to suggest ways to feel, understand, or behave, but she cannot control the person in hypnosis. Although hypnosis makes it easier for people to experience therapeutic suggestions, it does not force them to have these experiences.

All hypnosis is self-hypnosis that can be used for one's own benefit.

What are the Risks of Hypnotherapy?

When used correctly, there are no risks to hypnotherapy, nor any adverse effects. The technique increases one's ability to control symptoms. The brain is incredibly powerful, and contains priceless resources which can be mobilized for personal growth and healing. Hypnosis helps the individual to use his own imagination to tap into his inner strengths and resources. **Hypnosis should only be used as part of a treatment plan for a specific problem after a careful evaluation by a trained health professional.**

Why Use Hypnotherapy?

Hypnotherapy has been used successfully to treat pain, anxiety, fears, phobias, pain, asthma, bedwetting, stool-withholding, nervous tics, smoking, obesity and many other problems. **The value of hypnosis goes beyond its ability to help with these ailments.** Increasing one's ability to control symptoms through hypnosis can strengthen confidence and mastery. Personal success in self-hypnosis increases self-esteem. Self-hypnosis is a skill that increases with practice. The techniques can be used to meet new challenges throughout life.

For more information about the use of hypnosis with children contact:

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