

Clinical Hypnosis

What it's not!

There are many myths, misunderstandings, rumors and wrong information surrounding hypnosis. For instance, it is the only healing art ever used for entertainment; you'll never see a night club act performing Dentistry on stage! Clinical Hypnosis has little in common with what most people thought it had something in common with. Therefore, it is much easier for people to understand what hypnosis is and the benefits when they are not confusing it with things that it is not.

Hypnosis has nothing to do with being asleep, or unconscious, out of it, under it, or out of control or being controlled. It has nothing to do with susceptibility or the power of suggestion. It doesn't even require concentration or relaxation.

Have you ever shed a tear at the sad part of a movie or jumped during the scary part? Have you ever yawned when you saw someone else yawn? When someone asks you what 2x2 is you quickly answer 4! You may or may not have been conscious of the tear but you were probably conscious of having yawned and conscious of your automatic response to 2x2. It isn't important though whether you were conscious of what you did but that you did so consciously and that it was directed by your subconscious mind. Your subconscious mind responded.

Hypnosis is cooperation, and utilizing purposeful communication, connection, credibility and effective language to get the desired response from the subconscious (J. Connelly, Ph.D., RRT). More simply, getting your inner mind to respond in a way that you want it to. It is an effective tool to help people quickly, efficiently, adjust things so that they can stop, start or change something that they are thinking, feeling and doing.

Most people know that everyone can really get into watching a movie but many people don't know that almost everybody can really benefit from Clinical Hypnosis. After all, you may not have been deciding to have the problem so how could you possibly have decided not to. If you could have consciously made a change wouldn't you have done so already?

We will be utilizing an approach that will be responded to by all parts of your mind so the changes you desire take place naturally.

Laura Delle Donne, LMHC, CHt
North Star Counseling Services 813.416.9577