

MARCIA PROCTOR HYPNOTHERAPY

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If this is your first visit or experience with hypnosis, please take a few minutes to read this material. You will find it educational and informative.

When the word “hypnosis” is mentioned in everyday conversation, it seems to stir many varied reactions in people. These responses range from disbelief to terror or even laughter. On the other hand, some people believe that hypnosis can work miracles. All these reactions stem from ideas and information that are untrue.

There are many misconceptions about hypnosis. A simple definition of hypnosis is that it is a state of increased suggestibility and concentration. First, **DO NOT EXPECT TO GO TO SLEEP** or lose touch with reality. **You will know everything that is going on around you.** On awakening, some people express disappointment with the experience.

They insist that they have heard everything that was going on or that they were unaffected by the hypnotist. This arises out of misconceptions they entertain concerning the nature of hypnosis. The lack of consciousness and amnesia that they possibly anticipate is not experienced by most people. Nevertheless, although the individual may consciously believe that their trance was extremely light or that they had not been hypnotically affected, the suggestions that have been made to them in most cases will exercise influence, unless the person deliberately sets out to prove that the suggestions will not work.

Some people will, on waking, insist that they have not been hypnotized. This attitude may be maintained even though it may be demonstrated to the person that they cannot open their eyes or pull both hands apart, or whatever challenge is put to them. Even then, some people will insist that, despite this evidence, they could have opened their eyes or pulled their hands apart if they had wished to do so.

The majority of people who insist that they have only experienced a light trance or not at all should realize that it is perfectly normal that they should hear external noises and maintain rapport with the hypnotist and remember everything that went on. In hypnosis, your senses are heightened, and you are actually more aware of your surroundings. You are in control at all times, just as in a normal waking state. In other words, on awakening, you will feel no different than you did before being hypnotized, but the effects will be there. To quote the June 1977 issue of “Psychology Today”:

People who are hypnotized for the first time are frequently disappointed to find that they experience nothing overwhelming. They feel mildly relaxed but they remain in touch with reality and in control of their thoughts. They may discover that the hypnotist’s suggestions are quite resistible. Contrary to what most people believe, a person under hypnosis need not fall asleep, or lose contact with his surroundings or relinquish his will. He is often able to recall everything that happened during the trance and will act perfectly normal.

Physicians, Psychologists and Hypno-therapists have used hypnosis as a valuable tool in solving such problems as sleep disturbance, concentration and memory, fears and phobias, stuttering and control of pain and asthma. Hypnosis has also been helpful in treating smoking, overeating, alcoholism, bust development, skin conditions such as acne and warts, and so on.

You will find hypnosis to be a relaxing and enjoyable experience. **Remember, however, we need your cooperation, as all hypnosis is self-hypnosis. All we do is guide you into it.** During the interview, please feel free to ask any further questions that you may have.