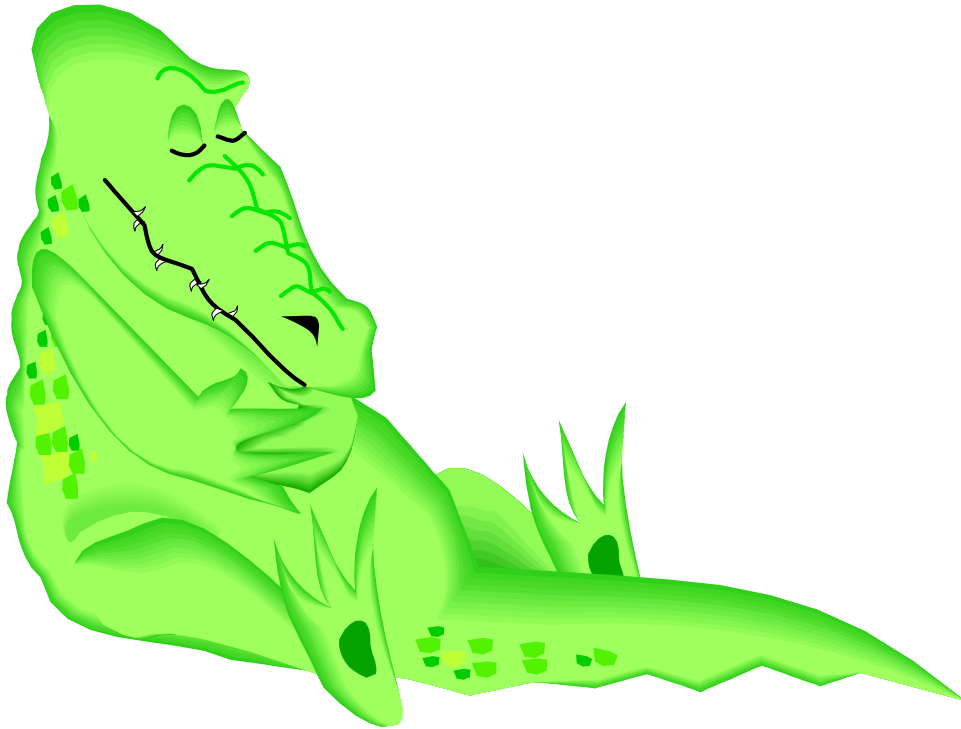


Hypnotherapy



Hypnosis that is used in a safe, healing, therapeutic environment by a trained professional is considered Hypnotherapy. It is a state of inner absorption, concentration and focused attention. When our minds are concentrated and focused, we are able to use them more powerfully. Because hypnosis allows people to use more of their potential, learning self-hypnosis is the ultimate act of self-control.

Hypnotherapists use clinical hypnosis in three main ways. First, they encourage the use of imagination. Mental imagery is very powerful, especially in a focused state of attention. The mind is quite capable of using imagery, even if it is only symbolic, to assist us in bringing about the things we are imagining. For instance, the famous martial artist Bruce Lee utilized **Guided Imagery** daily when recuperating from a broken back. Even though doctors had told him that he would never walk again, he trusted the power of his mind and healing ability of his body. He visualized a convoy of miniature cement trucks “driving” down his spine several times a day, pouring in healing “cement” along the way. He recuperated well, and went on to film the movies that he remains famous for to this day.

A second basic hypnotic method is to present ideas or suggestions to the client. In a state of concentrated attention, ideas and suggestions that are compatible with what the client wants seem to have a more powerful impact on the mind.

Finally, hypnosis may be used for unconscious exploration, to better understand underlying motivations or identify whether past events or experiences are associated with causing a problem. Hypnosis avoids the critical censor of the conscious mind, which often defeats what we know to be in our best interests. The effectiveness of hypnosis appears to lie in the way in which it bypasses the critical observation and interference of the conscious mind, allowing the client's intentions for change to take effect.

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