Hypnosis – how and what

What is hypnosis and how does it work?

With

Chris Wood - Certified Trainer of Hypnosis / NLP

INSIGHTS

Hypnotherapy and NLP training

A Special psychological state with certain physiological attributes, resembling sleep only superficially and marked by a functioning of the individual at a level of awareness other than the ordinary conscious state.

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This state is characterized by a degree of increased receptiveness and responsiveness in which inner experiential perceptions are given as much significance as is generally given only to external reality.

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There are many different sorts of trance.

It does not need to be lying down or sitting down.

- Concert – music / crowd
- Dance – focus on steps
- Whirling dervish - movement

Lights, rhythms, drugs, touch, stories, suggestions, dance, stillness. All induce trance states...

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It is NOT sleep. Trance states can be very active. People can have their eyes open in a trance!

FOCUSED STATE OF ATTENTION.

- TV. Think of how effective the adverts are when you're relaxed and receptive….
- Doing a repetitive task (painting)

It is actually a highly focussed state of awareness

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How does it work?

Nobody is 100% sure

We do know it is doing something – ECG (Electrocardiography) and that the brain wave patterns in trance are different to that of sleep.
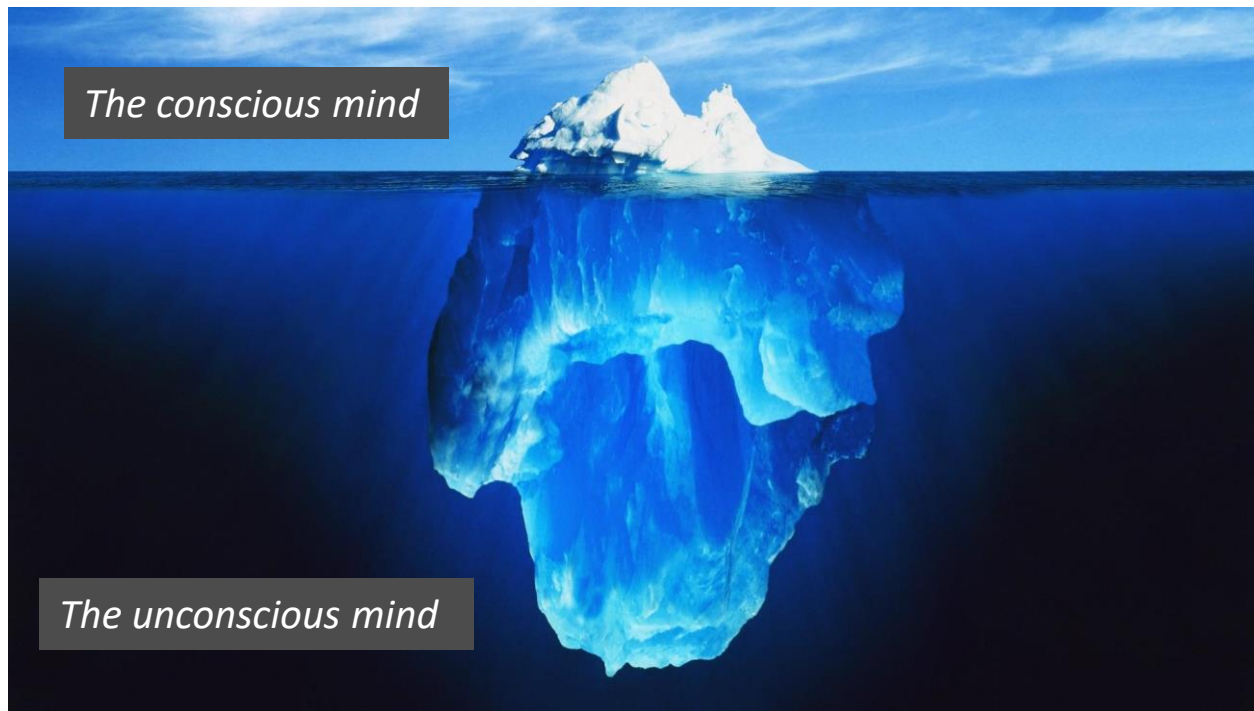
INSIGHTS

How does it work?

We also know that it is working, that it does work.

We have many, many examples of people who have experienced the benefits of having been hypnotised.

INSIGHTS

The conscious mind
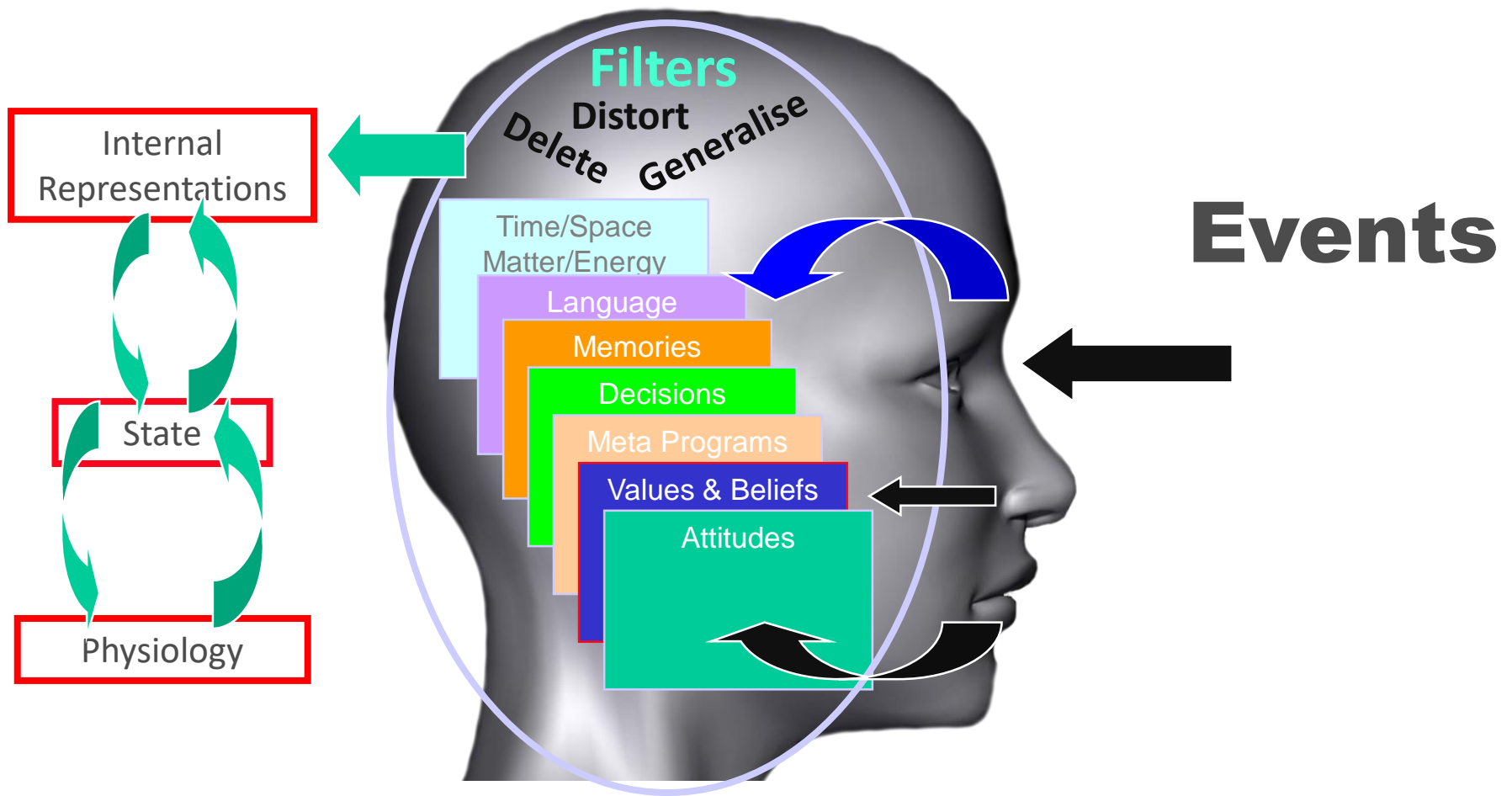
The unconscious mind

The conscious mind rationalises and makes decisions

The unconscious mind uncritically accepts and acts

This is why hypnosis and its ability to communicate directly with the unconscious mind is so effective in delivering results

The Unconscious Mind

Values & Beliefs

We cannot make someone do something that contracts their values or beliefs

End of section