

SARAH GRIFFITHS

Sexual Abuse Trauma Expert

HELPING YOU HEAL AND THRIVE AFTER SEXUAL ABUSE...



Hypnosis/ Hypnotherapy Q&A

What I do is hypnotherapy, NOT just hypnosis!

Yes, I use hypnosis but, I very cleverly and skillfully combine it with traditional therapies to meet particular client criteria and to get them the result they want.

The method I use is [RTT](#) and what it is and why it works so well and so fast is clearly outlined on my [website](#).

Widely becoming recognized as the new super therapy.

So, let me answer some questions to clear up your confusion.

Q. What about all the people doing silly things on stage under hypnosis?

A. Unfortunately stage hypnosis has contributed in a big way to the misunderstandings around hypnosis is general and hypnotherapy specifically. Stage hypnosis is just for entertainment, the people who choose to go up on stage also choose to do everything they are told. They could just as easily choose not to. The stage hypnotist purposely selects those who appear suggestible, ready to entertain and go along with the act.

One of the main stays of hypnosis is that the client is always in control, never asleep, just relaxed so perfectly able at any time to choose to respond or not and to choose how they respond at any given time.

It is not possible to suggest something to the client that is against their core values, beliefs or misaligned with their desired outcome.

The job of the subconscious mind is to keep you safe and it will ALWAYS and IMMEDIATELY reject anything not in keeping with what the client desires.

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You cannot be made to do anything against you will whilst under hypnosis.

Q. Can everyone be hypnotized?

A. Everyone can be hypnotized! In its lightest form it is actually just a different state of being that we drift in and out of. When you are in a day dream or driving your car, pull up on your driveway and wonder how you got there! (and we all do that) you were in hypnosis! An altered state of concentration where the sub-conscious mind took over to keep you safe.

You cannot be put into hypnosis if you do not want to be. Hypnosis for therapy purposes is a collaboration between the therapist and the client. The therapist is skilled and the client is willing and wanting a result.

Anyone can resist or not want to go into hypnosis but, it is always a matter of choice and collaboration.

The hypnotic state induced by your therapist will be deeper than the one you can just drop in and out of because the therapist will purposely use deepeners to access your subconscious mind on as deep a level as possible to access the stored emotions, perceptions and experiences for therapy purposes.

Again, the client has full awareness and control at all times.

Q Can someone get stuck in hypnosis?

A. No, it is absolutely not possible to get stuck in a hypnotic state and there are no known or reported dangers of being in or using hypnosis when working with a trained therapist.

If someone falls asleep during a session and does not get bought out of a session, this will naturally happen on its own when they wake up

Similarly with self-hypnosis the person inducing hypnosis upon themselves chooses when to emerge and what to explore and experience whilst in a hypnotic state.

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When in the state of hypnosis or deep relaxation the brainwaves move through the Alpha to Theta ranges, these are the brainwaves of relaxation so some clients may be deeply relaxed and feel sleepy or have heavy eyes for a while on exiting a session but, anyone can choose to emerge from hypnosis at any time.

It is in this deeply relaxed state that the subconscious memories, feelings and experiences are accessed and the skilled therapist can use this to access memories, thoughts, feelings and perceptions and can use specific techniques to lessen or even remove the impact of childhood experiences or traumas. They can achieve in just one session what would take months or years or never be achieved through traditional therapy.

The fact is that being in hypnosis under the care and guidance of a trained therapist is a very pleasant and therapeutic state of being and clients, under direction can choose to experience this on a deeper level and the therapist guides them to drop deeper.

Again, this is always at the choice of the client.

Q. Are clients asleep or unconscious so have no control.

A. Hypnosis is not about being asleep or unconscious, it is simply an altered state of being. Physically the client is simply relaxed so there may be slowed breathing, relaxed muscles and limp limbs but, they can talk and understand, in fact understanding and responding is heightened in hypnosis because of a greater state of internal awareness. All clients are unique though and can experience hypnosis in their own ways. Some are comfortable enough with the process that they find themselves drifting in and out of a more dream-like state.

Most will access long forgotten memories, scenes from when they were children or babies or in the womb. They can hear conversations, experience feelings and most importantly OVERCOME them, if they are negative.

Some see important information as colours or symbols, some are not visual and just have feelings.

There is no right or wrong, the experience is unique and individual and when used for healing purposes the sub conscious will always show us what we need to see. It knows where the root of the problem is!

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Some start by saying they see or experience nothing but this does not last long. The subconscious is powerful and know everything!
Nothing in itself is something and the skilled therapist loves to be faced with nothing!
They know exactly what to do to bring about a powerful healing.

Q. Which religions disagree with hypnosis

A. As it can only be used in ways that are in the clients best interests then surely it is only a positive thing? What is there to object to? Hypnotherapy is only used for good and positive purposes. To bring about rapid healing of both mental and physical symptoms. To ease or remove pain, overcome fears, phobias, addiction and other problems. While a handful of religious sects have raised objections to hypnosis, today most religious groups accept the proper ethical use of hypnosis for helping people. Included are Roman Catholic, Orthodox, and most Protestant Christian Churches as well as Judaism, Hinduism, Buddhism and others.

There are many examples these days of churches welcoming hypnotherapy as an aid to healing, self-love and general well-being.

Hypnosis is not associated with any of the world religions although it is closely aligned with meditation, mindfulness and yoga type practices. A professional and ethical hypnotherapist respects the faith of clients and because a therapist cannot ever suggest to anyone in hypnosis, something that is not in line with their values, needs and wants, it cannot be used to inappropriately influence or change a person's religious beliefs which might be what the uninformed church might be afraid of.

Q. Can I be compelled to tell the truth?

A. You cannot be made to do anything you do not want to do, you have complete control at all times. You can lie under hypnosis just as easily as in the waking state. In fact, as hypnosis gives you greater access to unconscious resources, you may even be able to tell more creative lies when in trance. Additionally, you are in complete control of what you chose to reveal or conceal.

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Q Will I remember what is said and done?

A. There is no hard and fast rule or answer here, as everyone experiences hypnosis differently ... for some it's a state in which you are focused on the hypnotist's words and listening more carefully, for others it's a little more like day dreaming and your attention may drift and wander from one thought to another ... sometimes not paying any conscious attention to what the hypnotist is saying. Either way is okay, and neither will be more or less effective than the other. It's simply a matter of your own personal style.

You may clearly remember all of a session, part of it or hardly any of it

What you will take from it is the change that the therapist can bring about according to what you want and require.

Q. Is hypnotherapy even effective for treating mental and physical conditions?

A. Hypnotherapy is becoming more and more mainstream as its true benefits and rapid healing abilities are more understood and experienced. A recent study by American Health Magazine compared hypnosis to regular therapy and the results were astounding.

Comparison Study Shows: *"Psychoanalysis: 38% recovery after 600 sessions. Behavior Therapy: 72% recovery after 22 sessions. Hypnotherapy: 93% recovery after 6 sessions"* Source: American Health Magazine