

## TIPS !

- #1 There is a huge difference between a Hypnotist (that includes Consulting Hypnotist, Certified Hypnotist, Stage Hypnotist, Master Hypnotist, etc.) and a Certified Hypnotherapist in terms of competency and effectiveness for subconscious healing of clients. A Hypnotherapist is therefore a Master Hypnotist, but a Master Hypnotist is not necessarily a hypnotherapist. Many hypnotists have received a week-end of instruction or have obtained their 'certificate' on-line or through home-study.
- #2 A properly trained hypnotherapist has a great many more hours of training than a hypnotist and that specialized training is focused on the self-identification, release and re-learning at the client's subconscious level. This requires full training in regression and root-cause techniques. Hypnotists can be effective at employing hypnosis for non-root cause goals such as sales and sports motivation, dental work, stage entertainment, etc, however only Hypnotherapists are properly trained to help a client identify, release and re-learn at the subconscious level.
- #3. Hypnotherapists are not licensed to diagnose anything (nor are Hypnotists). A properly trained and ethical hypnotherapist will not suggest any diagnosis and will not presume, assume or guess at what is troubling you or limiting you from achieving your goals in life.
- #4. The IMDHA and APHP Code of Ethics prohibits any hypnotist from employing hypnotic regression unless he/she is trained and certified as a hypnotherapist to do so. While some hypnotists using their pet programs do help some of the people some of the time, their success rates are often highly overstated. They are obligated to refer to themselves as "hypnotists" or 'Consulting Hypnotists' rather than hypnotherapist, and refer clients to those who are trained in client-centered hypnosis. The competent hypnotherapist can help most of the people most of the time by practicing client-centered hypnosis.
- #5. Some hypnotists and indeed some hypnotherapists claim to teach a 'unique' technique that is "so effective" that you do not need other techniques. That should be an immediate red flag! Some even claim that they can resolve your problems with one CD! Each and every client is unique with a unique issue and unique life journey. Common sense would suggest that one technique cannot possibly fit all! A technique for releasing may have only temporary results if the core (root) cause remains in the subconscious....and this is widely observed when someone quits smoking but takes up overeating or gambling for instance. Likewise, discovering the root cause of a problem will not be sufficient unless that cause is properly released at a subconscious level, with subconscious relearning following the release and this is accomplished only by a trained hypnotherapist. It is possible for these popular techniques to be adequate with some of the people some of the time because all of the necessary hypnotherapy objectives are somehow accomplished spontaneously by the inner mind. However,

why take a chance on such a rare occurrence? With a competent hypnotherapist, nothing is left to chance!

#6. As in all professions, some ‘credentials’, diplomas, ‘doctor titles’, ‘Ph.d’, etc are acquired through on-line, questionable and usually unaccredited ‘Universities’ and ‘Colleges’. There is little evidence of real training or advanced education. A string of letters after a name does little to ensure that

- (a) the person is actually competent in HYPNOTHERAPY
- (b) that they are actually trained in HYPNOTHERAPY as claimed or
- (c) that they can serve your needs.

You may see Doctors of Divinity, Doctors of Philosophy, Doctors of Hypnosis, Ph.D or some using Dr. in front of their names when they are not medical doctors, all of which can be an unfair and a misleading exaggeration of their true level of competency as a Hypnotherapist. If you come across such ‘credentials’ do not presume Dr. means medical doctor, etc...ask where they obtained their degrees and credentials and do a little ‘clicking’ to research their background.

#7. Some professions, such as medical doctors, dentists, nurses and psychiatrists/psychologists have taken short courses in hypnosis as an adjunct to their professions and in many cases the use of hypnosis in certain instances is extremely beneficial to their patients. A dentist might calm his nervous dental patients and a nurse may be able to reduce a patient’s pain...all very helpful applications of hypnosis. The physician or mental health practitioner may have attended a weekend workshop and learned how to induce hypnosis but may have virtually no experience in communicating with the mind in its subconscious mode, where all emotional healing occurs. The hypnotherapist who has extensive training in working with the mind in its subconscious mode is likely not to have advanced training in medicine or other specialty areas, however because an ethical and skillful hypnotherapist will work as a team with medical doctors and other health care practitioners when called for, an overlap of specialties is unnecessary. You are referred back to Tips #1, 2, 3. These professionals may be hypnotists, but they again, are not hypnotherapists unless they pursued such training.

#8. Some psychiatrists and psychologists learn basic hypnosis and use it in their offices. A psychiatrist or psychologist would likely rely on therapist-identified model of treatment of the client’s problems even if using hypnosis as a tool because that is exactly what they are trained to do....which of course is not client-centered therapy that is done in genuine hypnotherapy. Before you decide to rely on a psychiatrist or psychologist who uses hypnosis, it may be of great value to read the following books:

Manufactured Victims	by Dr. T. Dineen
Making Monsters	by Offshe and Watters
Sanctified Snake Oil	by Susan Sarnoff

When deciding whether to work with psychologists or psychiatrists who use hypnosis, you should consider the following:

- a. You don’t decide what your problem is, they do;

- b. You don't decide on the solution, they do...they decide on the drugs, on the diagnoses; if they turn out to be wrong and you get worse, they are not liable;
- c. Thousands of incidents of psychiatrists and psychologists misusing hypnosis intentionally and unintentionally have been documented: false memory, multiple personality 'disorders', keeping patients in years of drug, group and talk therapy, etc. have been documented and exposed...see above reading list;
- d. Therapist-centered therapists trying to do client-centered therapy which he/she is not properly trained for is problematic since by virtue of their very training, psychiatrists and psychologist control the therapy (and therefore the outcome). In Hypnotherapy, clients control their healing process and thus the outcome. The logical question becomes "How can one therapist take two positions and still be effective?"

*People desperate for relief from life-limiting issues, habits, addictions, pain and so on will often grasp at anything for relief. They are easy targets for the unscrupulous and can be left extremely disappointed and lighter in the pocket book unless they exercise caution, do their homework and strive to work with the best in the field. The best in the field are transparent, their credentials can be confirmed and on-going education is foremost on their list of priorities. True professionals know their limitations and will readily refer you to someone more highly trained in your issues if they feel they cannot be of sufficient help to you.*

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