

About Hypnosis

GracePlace Wellness™ believes that hypnosis is one of those wonders of creation, one of those gifts, like water, that make it possible for humans to exist, and therefore experience life on this planet. New applications for hypnosis are being developed and researched constantly.

Professional hypnotists/hypnotherapists are teaching around the world. Some of the greatest medical clinics in the world, such as the Mayo Clinic, are studying the dizzying array of benefits of hypnosis/hypnotherapy and their impact on healing and wellness. In fact, they have recently come to the conclusion after much research, that IBS (Irritable Bowel Syndrome) responds best to hypnotherapy when compared to drugs, surgery and other modalities.

In the state of hypnosis, your conscious mind is like an obedient servant-it just does what it is told to do. When not in hypnosis, it tries to control the entire individual...it interferes with what the individual truly desires in life, puts thoughts and ideas into the person's mind that discourage him/her and so on. How often have you heard a person say "...*part of me wants to, but the other part says...*".

Hypnosis is extremely pleasant and relaxing [[see FAQ](#)]. Some research has shown that 15 minutes of deep hypnotic trance has the equivalent health benefits of 4 hours of deep, restful sleep. When this tool is used by a hypnotherapist, the changes within the individual are subtle and empowering. Increasing feelings of wellness gently overcome an individual after hypnotherapy and as all issues are dissolved an individual becomes more self-loving and feeling more content about their lives. Where they saw negatives, they now see positives and opportunities. They feel a sense of control about their lives and a joy about being just who they are.

People naturally and spontaneously go in and out of various states of hypnosis all day, without really 'doing' anything for themselves while in that state...often because it's just relaxing to be on 'auto pilot' for a while. Hypnosis allows you to increase the use of your mind's potential. It can make possible improvement in every area of human life, especially in expanding your awareness of new dimensions of genius and creativity and in resolving long-standing emotional limitations.

Over the years hypnotherapy has become widely known for its success with habit control, stress management, weight management, habit cessation, creative development and spiritual healing with a focus upon building a better life and a better future for all. As a result of ongoing research it is showing great promise in the areas of physical ailments such as Irritable Bowel Syndrome and pain management [[see IBS, CFS, Fibromyalgia](#)].

The American Medical Association, The American Dental Association and The American Psychological Association all recognize hypnosis for its medicinal benefits. In fact, the AMA recognized it in 1958, so it is not new and it is not experimental. It's a well-established, drug-free technique with broad applications.

One of the ways to discover for yourself how Hypnotherapy can help you heal from unwanted negative feelings and beliefs is to learn a little about the many applications of hypnosis - it's most important tool.

- Most people are familiar with stage hypnosis and the many tricks employed and this application of hypnosis is not relevant to our explanation of emotional healing through hypnotherapy (therapy utilizing hypnosis techniques). [[see FAQ](#)]
- Group hypnosis typically involves a process where a facilitator hypnotist will guide a group of people into a light - medium state of hypnosis (trance/relaxation) and guided imagery. This is often used for general relaxation and well-being, stress management, pain management, weight management, goal setting, etc.
- There are many 'new' forms of treatment out there... many with long names and even longer explanations. Boiled down to their fundamental nature, most are really only some application of hypnosis or employ hypnosis to maximize effectiveness. It is believed for example that the new self-help modality known as EFT (Emotional Freedom Technique) is a form of waking hypnosis. [[see NLP and EFT](#)]

TRANCE:

- ✓ There are many trance levels of hypnosis that are clearly discernable and often one drifts back and forth through many depths of trance naturally throughout the day.
- ✓ Trance is also referred to as relaxation or meditative state.
- ✓ Children are typically in a form of waking hypnosis most of the day, wherein potentially everything that is said to them bypasses the critical mind and forms beliefs in the subconscious. [[see Children, Hypnosis & Holistic Parenting](#)].
- ✓ EFT, as already mentioned, utilizes a form of waking hypnosis, the same hypnosis trance that TV commercial advertisers rely upon in order to cleverly embed self-serving messages about their products [[see Contraindications for Hypnosis](#)].
- ✓ There are forms of hypnosis known and experienced as day-dreaming and self-hypnosis [[see Self-Hypnosis](#)].
- ✓ Day-dreaming as most of us can attest, is spontaneous and typically we don't realize we've been day-dreaming or in a light state of hypnosis until we suddenly 'awaken' to find ourselves at our destination or interrupted by a co-worker or instructor, etc., realizing only then that we lost track of time. We also may notice that we were fully alert throughout and aware of our surroundings although our 'dream' was so vivid we could have sworn we were physically experiencing it the entire time.
- ✓ The deep trance level used in Hypnotherapy often feels the same to the client as day-dreaming or 'dozing' but the depth of relaxation allows for more healing work to occur.

- ✓ A Hypnotherapist is fully trained to assist the client to reach that desirable level of trance and once that trance level is reached, to guide the client to the root issues and their solutions. The Hypnotherapist is in effect, guided by the client's own subconscious as the process unfolds.

APPLICATIONS OF HYPNOSIS IN HYPNOSIS/HYPNOTHERAPY:

When employed in hypnotherapy, the state of hypnosis allows the therapist to adopt one of two altogether different, proven approaches to resolving subconscious issues in a most effective and efficient manner:

1. 'Suggestion therapy', which is a form of treatment which relies on direct suggestions for change, framed in specific wording to achieve certain goals of wellness. This approach is ideal for helping to cope with such things as self-development, particular fears, doubts, nerves, smoking, certain habits, some weight-control problems, stress, pain management, healing from accidents and surgeries, etc.
2. For the more root or deep-seated problems or issues one may be struggling with root-cause therapy is helpful. This approach locates, identifies and isolates the root cause of the individual's struggle and obtains from the subconscious, the optimal resolution...re-framing, forgiveness or whatever the individual's subconscious deems appropriate. This approach typically dissolves the underlying causes of such things as irrational fears, emotional problems, relationship difficulties, psychosexual problems, lack of confidence, personality problems, sleeping difficulties, stuttering/stammering, anxiety, inferiority complex, unhappiness, phobias, etc. and most other problems and issues where there is an emotional factor at work.

Hypnosis, indeed, is the Universe's gift to mankind...a natural tool that can and is employed in many ways for our benefit.