

How I explain hypnosis to my clients...

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Hypnosis may not be exactly what you think it is. It is not a way for me to get you to do something you do not want to do; although if you agree that what I am saying is right for you, your subconscious might go along anyway. It is a way to align your conscious and subconscious minds so that you are able to make rapid changes in your life.

You'll most likely hear everything I say, although I may say something that causes you to have images or thoughts that shift your focus for a while. You will think you missed some of what I said, but that is okay. Trust the part of you that knows what is best for you.

On the other hand, you may be distracted by noises either in or outside the room, because hypnosis has a way of making noises seem louder or softer than in a normal conscious state. As I become aware of distractions like conversation in the background or a phone ringing, I may incorporate that into what I'm saying. You have control and can decide to bring your focus back to the sound of my voice or to allow the noise to have meaning in the hypnosis. One of my clients heard the air conditioner go on and off and thought it sounded like the ocean, so she imagined herself by an ocean. In addition, sometimes the amount of time spent in hypnosis is distorted. The time may fly by or seem to creep by.

Some people say hypnosis overrides the conscious mind. It is a little like daydreaming, and a lot like when you are focused on something like a good movie or book and your family member calls your name. You are so engrossed in the movie, or book, that it seems like you do not hear them at first. As they persist, though, you may slowly become conscious of their voice and even respond to them in a dreamy sort of way, realizing that you are hearing them... and actually heard them all along.

Hypnosis can also be very relaxing. So relaxing in fact that aches and pains that you felt coming into my office, seem to disappear for the time being. For some people this 'numbness' can even last for a while after the session. There might be a mental 'numbness' as well. Things may not matter quite as much, or maybe things become more important, like eating right or giving up cigarettes. Some people tell me they have a floating sensation, like they are floating on air, as if the chair disappeared from under them. Others experience a heaviness, as if they cannot move although they can; they usually do not even want to try. There also may be the sensation that they cannot talk, or make any movements. They think if they move their head, they will come out of the trance. This is not so. In fact, if they want to come out of the trance all they have to do is open their eyes and decide to return to the normal state of consciousness.

Another response I have noticed with hypnosis is that often, but not always, emotions can come to the surface more easily. Sometimes my clients are surprised by a thought that comes gurgling up of a loved one they haven't thought of in a certain way for some time, or a memory of an emotional event is remembered in a different way or more vividly than out of hypnosis. These are normal responses to the 'altered state' of consciousness. What I want my client to know is that anything and everything is okay.

I will say one more thing, because hypnosis works at the unconscious level, while you are in this state, nearing the end of the session this is a very good time to give yourself suggestions of things you want to change or have more of in your life, so I encourage you to do so. Keep thinking positive and stay open to possibilities... you never know what good things can happen.