

Hypnotherapy
FOR
DUMMIES®

by Mike Bryant and Peter Mabbutt



JOHN WILEY & SONS, LTD

Hypnotherapy

FOR

DUMMIES®

Hypnotherapy
FOR
DUMMIES®

by Mike Bryant and Peter Mabbutt



JOHN WILEY & SONS, LTD

Hypnotherapy For Dummies®

Published by
John Wiley & Sons, Ltd
The Atrium
Southern Gate
Chichester
West Sussex
PO19 8SQ
England

E-mail (for orders and customer service enquires): cs-books@wiley.co.uk

Visit our Home Page on www.wileyeuropa.com

Copyright © 2006 John Wiley & Sons, Ltd, Chichester, West Sussex, England

Published by John Wiley & Sons, Ltd, Chichester, West Sussex

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except under the terms of the Copyright, Designs and Patents Act 1988 or under the terms of a licence issued by the Copyright Licensing Agency Ltd, 90 Tottenham Court Road, London, W1T 4LP, UK, without the permission in writing of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Ltd, The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, England, or emailed to permreq@wiley.co.uk, or faxed to (44) 1243 770620.

Trademarks: Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: THE CONTENTS OF THIS WORK ARE INTENDED TO FURTHER GENERAL SCIENTIFIC RESEARCH, UNDERSTANDING, AND DISCUSSION ONLY AND ARE NOT INTENDED AND SHOULD NOT BE RELIED UPON AS RECOMMENDING OR PROMOTING A SPECIFIC METHOD, DIAGNOSIS, OR TREATMENT BY PHYSICIANS FOR ANY PARTICULAR PATIENT. THE PUBLISHER AND THE AUTHOR MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION ANY IMPLIED WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. IN VIEW OF ONGOING RESEARCH, EQUIPMENT MODIFICATIONS, CHANGES IN GOVERNMENTAL REGULATIONS, AND THE CONSTANT FLOW OF INFORMATION RELATING TO THE USE OF MEDICINES, EQUIPMENT, AND DEVICES, THE READER IS URGED TO REVIEW AND EVALUATE THE INFORMATION PROVIDED IN THE PACKAGE INSERT OR INSTRUCTIONS FOR EACH MEDICINE, EQUIPMENT, OR DEVICE FOR, AMONG OTHER THINGS, ANY CHANGES IN THE INSTRUCTIONS OR INDICATION OF USAGE AND FOR ADDED WARNINGS AND PRECAUTIONS. READERS SHOULD CONSULT WITH A SPECIALIST WHERE APPROPRIATE. THE FACT THAT AN ORGANISATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANISATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ. NO WARRANTY MAY BE CREATED OR EXTENDED BY ANY PROMOTIONAL STATEMENTS FOR THIS WORK. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR ANY DAMAGES ARISING HEREFROM.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

British Library Cataloguing in Publication Data: A catalogue record for this book is available from the British Library.

ISBN-13: 978-0-470-01930-6

ISBN-10: 0-470-01930-1

Printed and bound in Great Britain by Bell and Bain Ltd, Glasgow

10 9 8 7 6 5 4 3 2 1



About the Authors

Mike Bryant is an African-American who has lived in England since 1984.

Mike is a qualified psychiatric social worker, counsellor, and hypnotherapist and has also worked as an information technology and project manager.

With extensive experience in both America and the United Kingdom, Mike has established a range of innovative mental health schemes in London as well as having provided senior service development consultancy to NHS Mental Health Trusts across England, Ireland, Scotland, and Wales as a Senior Consultant with the Sainsbury Centre for Mental Health (SCMH). While at SCMH, he published a range of papers and reports on mental health issues.

Mike currently lives in London with his wife and family and has a private practice as a counsellor and as hypnotherapist. You can find more information about Mike's practice at www.londonhypno.com.

Peter Mabbutt is Director of Studies at the London College of Clinical Hypnosis (LCCH) and lectures throughout the UK and overseas to both lay students and medical practitioners. He is responsible for the development of the LCCH's core courses and with his colleagues has introduced many new techniques and subjects to the curriculum, ensuring that it continues to meet the needs of the modern-day hypnotherapist.

With a background in psychopharmacology Peter co-authored a range of papers on tranquilisers, anxiety, and learning and memory before training with the LCCH to become a hypnotherapist. Peter has a specialist interest in the mind-body connection, weight control, the treatment of trauma, and hypertension.

Authors' Acknowledgements

From Mike Bryant: I would like to dedicate this book to my family: My lovely wife Toni, and my gorgeous daughters Jodie and Jessie. Jodie, sorry I couldn't use your working title of *Daddy's Wicked Hypnotherapy Book*. Maybe next time.

A big thanks goes to my parents, and my brother and sister from Indianapolis. Howdy.

Michael Joseph: Thank you for creating some of the best hypnotherapy training in Europe – the London College of Clinical Hypnosis. A big appreciation to my teachers and colleagues there at the LCCH.

I would also like to express my deep appreciation to all of the people who have come to me for hypnotherapy. They have also been my teachers and I owe them a great deal in my development as a clinician, trainer, and author.

From Peter Mabbutt: This book is dedicated to my parents, Christine and Charles. Though sadly no longer with us, they always encouraged my dreams. Hey mum and dad, I realised another one! To my sister Nadine and her family, ¡Hola! And to the rest of my family a big thank you and hello too.

Thank you Michael Joseph, Principal of the London College of Clinical Hypnosis (LCCH), for guiding me along a path that consistently proves to be exciting and fun and for the many groan-worthy jokes that punctuate the day when you are in the office. On top of this I would also like to say a very special thank you to all my colleagues at the LCCH for their support in all things hypnosis and beyond. We make a great team! To all my hypnotherapy students past, present and future; you may think I'm teaching you, but there is a lot that you teach me. Tom Connelly of the British Society of Clinical Hypnosis, many thanks for searching out those niggling snippets of information for Mike and I.

There can be no replacement for good teaching and good teachers (thanks again LCCH) but the icing on the cake comes when you are out in the field, and with this in mind I extend another set of thanks to all my patients from whom I have learned and continue to learn so much about the wonderful world of humanity.

Mike, a big thanks for bringing me on board this project. It was great fun and you are a joy to work with. Here's to the next one!

To all my friends out there who have been patient with my absence whilst writing this book: I'm free again and the drinks are on you!

To my 'other' family: Sandra, Gerald, and Andrea Winston, thank you for welcoming me in and letting me share in the laughter.

And Elijah (kiddo!) and Dalya (princess!) Winston: Howzit dolls? The laughter you bring is all the therapy I need.

And finally the biggest thank you of all to my partner Steven Winston for your love, enthusiasm, encouragement, support, humour, nags, and glasses of wine. The boy done good!

Publisher's Acknowledgements

We're proud of this book; please send us your comments through our Dummies online registration form located at www.dummies.com/register/.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial, and Media Development

Project Editor: Rachael Chilvers

Content Editor: Steve Edwards

Commissioning Editor: Samantha Clapp

Development Editor: Kathleen Dobie

Copy Editor: Martin Key

Technical Editor: Elyse Kassis

Executive Editor: Jason Dunne

Executive Project Editor: Martin Tribe

Special Help: Jennifer Bingham

Cover Photo: © Corbis

Cartoons: Rich Tennant, www.the5thwave.com

Composition

Project Coordinator: Jennifer Theriot

Layout and Graphics: Claudia Bell,
Stephanie D. Jumper, Barry Offringa,
Heather Ryan

Proofreaders: Laura Albert, Lesley Green,
Brian H. Walls

Indexer: Techbooks

Publishing and Editorial for Consumer Dummies

Diane Graves Steele, Vice President and Publisher, Consumer Dummies

Joyce Pepple, Acquisitions Director, Consumer Dummies

Kristin A. Cocks, Product Development Director, Consumer Dummies

Michael Spring, Vice President and Publisher, Travel

Kelly Regan, Editorial Director, Travel

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher, Dummies Technology/General User

Composition Services

Gerry Fahey, Vice President of Production Services

Debbie Stailey, Director of Composition Services

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Understanding Hypnotherapy</i>	9
Chapter 1: Examining Hypnotherapy.....	11
Chapter 2: Techniques: The Tools of a Hypnotherapist.....	21
Chapter 3: Preparing for Hypnotherapy.....	45
<i>Part II: Considering How Hypnotherapy Can Help</i>	59
Chapter 4: Making the Mind-Body Connection.....	61
Chapter 5: Breaking Away from Old Habits.....	77
Chapter 6: Touching on Body Matters.....	99
Chapter 7: Feeling Good	123
Chapter 8: Considering the Limits of Hypnotherapy.....	141
<i>Part III: Expanding the Reach of Hypnotherapy</i>	153
Chapter 9: Your Kids and Hypnotherapy	155
Chapter 10: Visiting Your Former Selves	165
Chapter 11: Removing Your Phobias	179
<i>Part IV: The Practical Stuff</i>	195
Chapter 12: Finding a Hypnotherapist.....	197
Chapter 13: Your First Hypnotherapy Session Step by Step.....	205
Chapter 14: Practising Self-Hypnosis	221
Chapter 15: Meeting the Family: Some Cousins of Hypnotherapy.....	233
<i>Part V: The Part of Tens</i>	247
Chapter 16: Ten Common Misconceptions about Hypnotherapy.....	249
Chapter 17: Ten Pioneers of Hypnosis.....	255
Chapter 18: Ten Qualities to Look For in a Hypnotherapist	261
Chapter 19: Ten Tips for Choosing a Hypnotherapy Training Programme	267
<i>Appendix: Resources</i>	273
<i>Index</i>	281

Table of Contents

<i>Introduction</i>	1
About This Book.....	1
Conventions Used in This Book	2
Foolish Assumptions	2
Why You Need This Book.....	3
How This Book Is Organised.....	4
Part I: Understanding Hypnotherapy.....	4
Part II: Considering How Hypnotherapy Can Help.....	4
Part III: Expanding the Reach of Hypnotherapy	5
Part IV: The Practical Stuff	5
Part V: The Part of Tens.....	5
Appendix	5
Icons Used in This Book.....	6
Where to Go from Here.....	6
<i>Part 1: Understanding Hypnotherapy</i>	9
Chapter 1: Examining Hypnotherapy	11
Getting to Grips with the Basics of Hypnotherapy.....	11
Discovering the differences between hypnosis and hypnotherapy	12
Sliding into trance	13
Examining states of mind	14
Getting Past that Old-Style Hypnosis.....	16
Finding Help with Hypnosis.....	18
Understanding the Therapy Part of Hypnotherapy.....	18
Hypnosis plus counselling	19
Hypnosis plus psychotherapy	19
Chapter 2: Techniques: The Tools of a Hypnotherapist	21
Choosing a Tool from the Hypnotherapist's Toolbox	22
Giving It to You Straight and Not So Straight: Direct and Indirect Suggestions.....	24
Getting direct suggestions.....	24
Going the indirect route	25
Blending both.....	25
Safely Splitting Your Mind with Dissociation.....	26
Minding your associations	27
Associating hypnosis and dissociation	28

Adding the Sum of Your Parts: Parts Therapy	30
Communicating and negotiating with a part of you	30
Bringing it all back together again: The importance of reintegration	32
Travelling in Time	32
Going back in time: Age regression techniques	33
Going forward in time: Age progression techniques	36
Altering time: Time distortion techniques	37
Scanning a Variety of Other Common Techniques	38
Visualising, imagining, or pretending change	39
Finding out how to forget	40
Substituting a memory	41
Telling stories.....	42

Chapter 3: Preparing for Hypnotherapy 45

Keeping Your Individuality in Mind	45
Identifying Your Problem	46
‘I’m not exactly sure what my problem is’	47
‘I know my problem but haven’t been able to solve it’	48
‘I have more than one problem’.....	48
Communicating Your Problem	48
Prioritising your problems.....	49
Providing as much information as you can	50
Setting SMART Goals and Checking Your Motivation.....	51
Using your SMARTs to set your goals.....	52
Examining your motivation.....	54
Negotiating Your Goals with Your Hypnotherapist	55
Breaking down bigger goals	56
Winning the goal game.....	56

Part II: Considering How Hypnotherapy Can Help.....59

Chapter 4: Making the Mind-Body Connection 61

Understanding the Mind-Body Connection	62
Fitting up the connectors: Your nervous system	62
Making the connection with hypnosis.....	64
Considering How Your Emotions Affect You	65
Depressing the effects of low moods	66
Stressing about fear and anxiety	66
Fighting or fleeing: Facing the fear response.....	67
Integrating Hypnosis into the Mind-Body Connection.....	69
Relaxing mentally and physically through hypnosis	70
Manifesting the mind through the body.....	70

Chapter 5: Breaking Away from Old Habits 77

Examining Habits and How to Change Them77
 Quitting Smoking.....79
 Preparing to quit: What to do before
 visiting your hypnotherapist.....80
 Addressing your fears about quitting.....81
 Using hypnosis to become smoke-free83
 Managing Your Weight85
 Taking the safe route to the body you want86
 Eating yourself thin87
 Getting a Good Night’s Sleep89
 Solving your insomnia89
 Trance strategies to help you to sleep91
 Sweet dreams are made of this – turning
 your nightmares into nothing92
 Sorting out snoring – for both you and your partner93
 Controlling Your Words: Stammering94
 Stumbling over anxiety95
 Relaxing your speech through hypnotherapy95
 Reaching a Nail-Biting Conclusion96

Chapter 6: Touching on Body Matters 99

Letting Go of Pain.....100
 Experiencing pain.....100
 Perceiving pain101
 Relieving pain.....101
 Helping Your Skin Look Good104
 Scratching away at psoriasis and eczema105
 Stop kissing frogs: Treating your warts.....105
 Easing skin problems with hypnotherapy106
 Relieving the Pressure of Hypertension.....108
 Taking a Pregnant Pause for Childbirth110
 Conceiving options110
 Delivering the goods111
 Improving Irritable Bowel Syndrome113
 Dealing with your IBS anxiety114
 Coping with constipation and diarrhoea114
 Loving the Dentist!115
 Drilling away at your problem116
 Grinding down your bruxism: Teeth-grinding
 and hypnotherapy117
 Dealing with Problems with a Psychological Basis117
 Obsessing about change: Obsessive
 compulsive-disorder (OCD)118
 Beating bulimia.....119

Chapter 7: Feeling Good123

Conquering Performance Anxiety.....	124
Playing the starring role	124
Feeling your star fade	125
Acting your way to a better performance	125
Regaining your lustre.....	126
Summing up your parts	127
Taking the Confidence Trick.....	127
Feeling ten feet tall (when you're used to feeling like a midget).....	127
Changing your self-talk	128
Putting your confidence into practice	128
Sorting Out Your Anxieties	129
Beating the Blues	130
Understanding the different types of depression	131
Working your way out of that black hole	131
Stress Busting!	132
Cooling yourself off and hypnotherapy.....	132
Responding with stress	132
Reframing your stressed-out world	133
Making a molehill out of that mountain	134
Accessing Your Creativity	134
Tapping into your endless well of creativity.....	135
Unblocking your creative flow.....	136
Touching on Sexual Problems	137

Chapter 8: Considering the Limits of Hypnotherapy141

Realising That Hypnotherapy Helps, It Doesn't Cure.....	141
Accepting Hypnotherapy's Limitations.....	142
Setting yourself up for success.....	142
Highlighting the importance of your motivation	144
Letting Go May Be Harder Than You Think	145
Facing the fact that you may want to keep your problem	145
Overcoming your secondary gains	147
Sabotaging your own therapy.....	147
Examining Your Hypnotherapist's Ethical Responsibilities	149
Looking at Your Hypnotherapist's Legal Responsibilities	150

Part III: Expanding the Reach of Hypnotherapy..... 153**Chapter 9: Your Kids and Hypnotherapy155**

Considering Ethical Issues	156
Noting the Differences in Hypnotising Children.....	157
With eyes wide open	158
Trance through imagination	158

Helping Your Child with Therapy.....	160
Making the decision to seek therapy	160
Listening to your child's hypnotherapist.....	161
Understanding Some Common Childhood Issues.....	162
Hiding behind sofas: Dealing with your anxious child	162
Solving bed-wetting.....	162
Chapter 10: Visiting Your Former Selves	165
Examining Past-Life Regression.....	165
Beliefs about PLR	166
Reasons to revisit past lives	167
Journeying to Your Past Life.....	168
Revealing any past-life memories.....	168
Choosing a route	169
Reaching a dead end.....	170
What to Expect during Your PLR Session	171
Setting the scene	172
Visiting those important times	173
Being present at your death.....	173
Healing past hurts	174
Completing the journey and returning to the present	176
Chapter 11: Removing Your Phobias	179
Rationalising the Irrational: Defining Phobias.....	179
Explaining phobias.....	180
Comparing phobias to plain old fear	181
Pointing out triggers	182
Examining the Various Types of Phobia.....	184
Specific phobias	187
More complex phobias	187
Removing Your Phobia through Hypnotherapy.....	188
Starting with the basics	188
Approaching the trance.....	190
Picturing your life without your phobia	192
Confronting Your Phobia: A Contract for Action	192
<i>Part IV: The Practical Stuff</i>	<i>195</i>
Chapter 12: Finding a Hypnotherapist	197
Looking Out for a Hero	197
Knowing what to look for	198
Believing adverts – or not	199
Cruising the information superhighway.....	199
Relying on word-of-mouth	200

Looking Into Your Hero	201
Researching by word-of-mouth.....	201
Making sure your hypnotherapist is professionally trained	202
Talking to a few therapists	202
Asking the right questions	203
Selecting Your Therapist.....	204
Chapter 13: Your First Hypnotherapy Session Step by Step	205
Entering the Office	205
Caring enough to pay your own way	206
Knowing how many sessions it may take.....	207
Starting Your Hypnotherapy Session	207
Getting acquainted with your hypnotherapist	208
Creating a working relationship	208
Teaming up with your hypnotherapist	209
Supplying a Case History	210
Going Into a Trance.....	211
Inducing a trance	211
Homing in on what a trance feels like.....	212
Taking you in and taking you deeper	213
Experiencing the Actual Therapy	213
Choosing the best approach for you	214
Receiving post-hypnotic suggestions	215
Strengthening Your Ego.....	215
Adding the feel good factor.....	216
Bolstering a weak ego	217
Waking Up	218
Coming completely out of trance.....	219
Continuing therapy while you're coming out of trance.....	219
Doing Your Homework.....	220
Chapter 14: Practising Self-Hypnosis	221
Connecting to Your Unconscious.....	221
Setting Your Goal	222
Hypnotising Yourself	223
Inducing your own trance	224
Deepening your trance	226
Trusting your unconscious mind	
to carry out your suggestion.....	227
Strengthening your ego	227
Waking yourself from trance	228
Examining the Pros and Cons of Self-Hypnosis.....	228
When self-hypnosis is appropriate	228
When self-hypnosis isn't appropriate.....	229

Developing Your Own Scripts229
 Ongoing Self-Hypnosis230
 Making your hypnosis work.....231
 Establishing a routine231
 Improving your effectiveness231

Chapter 15: Meeting the Family: Some Cousins of Hypnotherapy233

Looking at Reasons to Use Something Other Than Hypnotherapy234
 Asking why your hypnotherapist isn't using hypnotherapy235
 Making sure that you understand what your hypnotherapist is doing.....235
 Gazing at Eye Movement Desensitisation and Reprocessing (EMDR).....236
 Eyeing EMDR's theories237
 Wagging a finger: EMDR in action.....238
 Tuning into Thought Field Therapy (TFT).....239
 Feeling Out the Emotional Freedom Technique (EFT)241
 Talking about Neuro-linguistic Programming (NLP).....242
 Digging into the name243
 Looking at NLP in practice243

Part V: The Part of Tens247

Chapter 16: Ten Common Misconceptions about Hypnotherapy ..249

Hypnosis Is Magical and Mystical249
 You're Under the Power of the Hypnotherapist.....250
 Hypnosis Is Dangerous250
 Hypnosis Makes You Cluck like a Chicken and Lose Control.....251
 You Have to Keep Your Eyes Closed and Stay Completely Still251
 Hypnosis Is Therapy252
 You May Not Wake Up from Trance252
 You Go to Sleep during a Hypnosis Session253
 Some People Can't Be Hypnotised – Even if They Want to Be253
 You Don't Need a Hypnotist – You Can Hypnotise Yourself253

Chapter 17: Ten Pioneers of Hypnosis255

Franz Mesmer (1734–1815)256
 James Braid (1796–1860).....256
 Hippolyte Bernheim (1837–1919).....257
 James Esdaile (1808–59).....257
 Jean-Martin Charcot (1825–93)257
 Pierre Janet (1859–1947)258

Sigmund Freud (1856–1939).....	258
Clark L. Hull (1884–1952).....	259
Milton Erickson (1901–80).....	259
Ernest Rossi (1933–present).....	260
Chapter 18: Ten Qualities to Look For in a Hypnotherapist	261
Confidentiality.....	261
Honesty.....	262
Well-Trained.....	262
Empathy.....	263
Ethics.....	263
Experience.....	264
Tidiness.....	264
Punctuality.....	265
Non-Judgemental.....	265
Active Listening.....	265
Chapter 19: Ten Tips for Choosing a Hypnotherapy Training Programme	267
Making Sure the Institution Is Accredited.....	267
Training for Clinical Hypnosis, NOT Stage Hypnosis!.....	268
Looking at Length of Training.....	268
Going through the Interview Procedure.....	269
Sitting Still for Classroom-Based Training.....	269
Checking the Experience, Background, and Variety of Lecturers.....	270
Getting Help from Tutorials.....	270
Talking to Previous and Current Students.....	270
Offering Continuing Professional Development.....	271
Supporting You After Training.....	271
Appendix: Resources.....	273
Hypnotherapy Organisations.....	273
United Kingdom.....	273
United States.....	273
Canada.....	274
Australia.....	274
Training Institutions.....	274
United Kingdom.....	274
United States.....	275
Canada.....	275
Australia.....	275
Malaysia.....	275
Portugal.....	276
Spain.....	276

Useful Books276

- The Handbook of Hypnotic Metaphors and Suggestions.....276
- The Wisdom of Milton Erickson: The Complete Volume.....277
- Hartland’s Medical and Dental Hypnosis – 3rd Edition.....277
- Hidden Depths: The Story of Hypnosis277
- Training Trances: Multi-Level Communication
in Therapy and Training278
- Patterns of the Hypnotic Techniques
of Milton Erickson, Volume 1.....278
- Hypnosis and Hypnotherapy with Children, 3rd Edition278
- Time Distortion in Hypnosis: An Experimental
and Clinical Investigation279
- Ericksonian Approaches.....279
- Clinical and Experimental Hypnosis279

Code of Ethics.....280

***Index*.....281**

Introduction

Hypnosis is a subject everyone has an opinion about, but few people have ever directly experienced. Hypnotherapy, on the other hand, is a topic that leaves many people baffled or completely blank. So what exactly *is* the difference between hypnosis and hypnotherapy? That's one of questions this book answers.

An important point to understand is that hypnosis and hypnotherapy are not the same thing. Hypnosis has been around since humans began to speak and involves going into a trance. Hypnotherapy uses the hypnotic trance to help you achieve a goal, or create a positive change in your thinking, to help solve a problem. Whereas hypnosis is centuries old, hypnotherapy, like other talking therapies, is a relatively recent practice.

This book helps you understand how hypnosis works. It also discusses the various problems and symptoms hypnotherapy can effectively treat, and shows you how you can put hypnotherapy to use for you.

About This Book

Hypnotherapy For Dummies helps you understand hypnosis on both a theoretical and a practical basis. Both are useful depending on your interests. You can, for example, use this book simply to find out about hypnosis. You may stop at this level and just be clearer about how hypnotherapists work with their clients.

Or, you may be interested in finding a hypnotherapist to work on problems, or to help you succeed in achieving your goals. If you don't know what sort of things a hypnotherapist can help with, you will be an expert after you read this book!

Hypnotherapy can help people to overcome a surprisingly wide range of habits, emotional problems, and phobias. It can also dramatically improve performance for students taking exams, athletes wanting to improve their game, and creative artists wishing to deepen their abilities.

In many ways hypnotherapy is like counselling, but it is a different approach and much more rapid in producing changes. Hypnotherapists frequently remove phobias within four to six sessions. There is also a body of evidence demonstrating that hypnotherapy is the most effective way to help people stop smoking.

Most people only know about hypnosis from stage hypnotists and movies, which often portray a negative image. This book explores the different ways in which hypnotherapy helps people overcome their problems and achieve their goals.

Conventions Used in This Book

To help you navigate through this book, we set up a few conventions:

- ✓ *Italics* are used for emphasis and to highlight new words, or define terms.
- ✓ **Boldfaced** text indicates the key concept in a list.
- ✓ `Monofont` is used for Web and e-mail addresses.

Sometimes we (the authors, Mike and Peter) use the pronoun ‘we’ to signify both of us or ‘I’ followed by ‘(Mike)’ or ‘(Peter)’, depending who the author writing that particular paragraph is.

Also, when speaking generally we use the female pronoun ‘she’ in even-numbered chapters and the male ‘he’ in odd-numbered chapters, just to be fair to both genders!

Foolish Assumptions

We assume you picked up *Hypnotherapy For Dummies* for one of the following reasons:

- ✓ **You have a general interest in self-improvement techniques.** You’re looking for ways to become more the sort of person you’d like to be.
- ✓ **You want to break a habit.** You know that hypnotherapy has a good track record with helping people overcome phobias, smoking, eating problems, and other unwanted habits and you have a habit you want to lose.
- ✓ **You’re curious about various techniques such as psychotherapy, Neuro-linguistic Programming, counselling, and hypnotherapy.** You think that it may all just be psychobabble and want to know what really helps.

This book tells you about the therapies most closely related to hypnotherapy, how they differ and what they have in common.

- ✔ **You want tips on choosing the right hypnotherapist.** Chapter 12 is devoted to helping you find a qualified hypnotherapist.
- ✔ **You're interested in becoming a hypnotherapist.** This book is the equivalent of an introductory course in hypnotherapy so after reading it, you may be interested in learning first-hand. If that's the case, Chapter 19 shares tips on training as a hypnotherapist.
- ✔ **You're just browsing.** 'Oh, is this a book about hypnosis? I thought this was *Cleaning and Stain Removal For Dummies!*' Sorry, wrong book.

Why You Need This Book

As the authors of this book we, Mike and Peter, are both practising hypnotherapists. *Hypnotherapy For Dummies* emphasises the importance of working with a hypnotherapist to achieve your goals. Developing a working relationship with your hypnotherapist is the key to achieving a positive outcome. We think that this is a significant difference to many introductory books on hypnotherapy. Many of those currently available fall into two main types:

- ✔ **Specific interest books** aimed at anyone interested in solving a particular problem. These books focus on a single issue, such as the application of hypnosis to achieve weight control, decrease anxiety, develop confidence, or to stop smoking, and so on.
- ✔ **Scripts books** aimed at teaching a DIY (do-it-yourself) approach to hypnosis. *Scripts* are the phrases hypnotherapists use to conduct therapy, once someone is in trance. These types of books offer techniques you can use to hypnotise yourself or others.

In our opinion, this DIY approach cannot approach the level of trance or range of techniques that a good hypnotherapist can provide. We have seen many clients in our practice who have had nil, or negative results, from amateur hypnosis learned from books alone. A qualified hypnotherapist has a variety of techniques to choose from, and selects the technique uniquely suited to relieving your symptom efficiently and effectively.

We think you need this book, because unlike specific interest books, this book takes a broad overview of the theory and practice of hypnotherapy, examining a wide range of the most common hypnotherapy treatments and looking at these in detail.

And unlike script books, our approach recommends self-hypnosis *after* you've experienced a few sessions with a qualified hypnotherapist. Postponing self-hypnosis lets you understand the depth of trance properly before you try it on

yourself. A good hypnotherapist can address your specific needs more directly than a generic script gained from a book or an audiotape. Afterwards, you can approach self-hypnosis with the experience of deep trance.

In short, you need this book to ensure that your hypnotherapy experience is profoundly successful and positive!

How This Book Is Organised

The great thing about *For Dummies* books is that you don't have to read them all the way through. You can simply turn to the bit you're interested in and start at any point within a chapter, within a section, or even just go directly to a paragraph that interests you.

We divided the book into five parts, with each broken into chapters. The Table of Contents and the Index help you pinpoint information within the outline explained in the next sections.

Part I: Understanding Hypnotherapy

This section defines the terms used in hypnotherapy and what hypnosis can do for you. Here we also explain what hypnotic trance is and what it feels like.

We also describe the techniques a hypnotherapist has to choose from and exactly what you can expect to happen in a typical session. This knowledge lets you know how to set clear and realistic goals for your own hypnotherapy.

We provide practical and useful information to help you make hypnotherapy work best for you.

Part II: Considering How Hypnotherapy Can Help

Ever wondered how hypnotherapy affects the mind and the body? The chapters in this part describe how hypnotherapy can help you overcome unwanted habits and increase your feel-good factor.

We're not pretending to be magicians, but hypnotherapy can help with an impressive range of physical problems. But, just in case you think that hypnotherapy is a cure-all, we devote a chapter to letting you know what it can't accomplish.

Part III: Expanding the Reach of Hypnotherapy

This part focuses on the lesser known applications of hypnotherapy. You may be surprised to know that children are natural hypnotic subjects. The techniques involved in working with children are described here.

Hypnotherapy is also used to work with past-life regression. Whether or not you believe in past lives, this area can still be very powerful in uncovering unconscious themes in how you live now.

We also describe in detail how phobias can be removed through hypnotherapy.

Part IV: The Practical Stuff

This is the part of the book that can help you choose the right hypnotherapist or practice self-hypnosis.

Chapter 13 walks you through your initial session, telling you what to expect and how to prepare – don't worry, it's as easy as closing your eyes! And Chapter 15 introduces you to some of the other therapies you may come across, as you explore the world of hypnotherapy.

Part V: The Part of Tens

You can think of this part of the book as a 'Frequently Asked Questions' section. So you may want to start with these chapters to debunk common myths about hypnotherapy, survey the pioneers who made significant contributions to the field, discover the characteristics of a good hypnotherapist, or find out how to train to become a hypnotherapist yourself.

Appendix

Here we include some very useful books and Internet resources for hypnotherapy training courses and organisations – plus a sample Code of Ethics from the British Society of Clinical Hypnosis.

Icons Used in This Book

This book won't throw lots of questions at you, but it should certainly set you thinking. These icons highlight some of the points you may be thinking about.



Here you'll find anecdotes and examples to illustrate certain concepts, or true life stories we want to share with you.



This icon highlights hypnosis or hypnotherapy terms, or language, which may be unfamiliar to you.



The text next to this icon tries to correct possible wrong thinking or misconceptions.



This icon draws your attention to an important point to bear in mind.



When you see this icon we're trying to emphasise a bit of information that may be useful to you later on.



This icon is saying 'watch out!' This is something to be very aware of regarding the subject you're reading.

Where to Go from Here

You don't have to read this book from beginning to end. Each chapter of the book can be approached individually, depending on your interest. Have a look at the Table of Contents and jump right into any chapter that appeals to you.