

Hypnosis and the Prevention of Suicide

How can hypnosis aid in the prevention of suicide? Suicide is a behavior. Behavior is the result of the motivations, beliefs, concepts, decisions and processes of the mind. Since hypnosis deals with the almost limitless number and combinations of these elements there is an almost limitless number of ways that hypnosis can be used to intervene in the suicide process.

Almost all negative behavior is either caused by or exaggerated by stress. Perhaps the simplest approach to using hypnosis for the prevention of suicide is the relief of stress. This can be done in the hypnotic session through any number of progressive relaxation methods or through the installation of post hypnotic relaxation tools. At the suggestion of the hypnotist the client can recognize a stress trigger outside of hypnosis and respond by utilizing the installed hypnotic stress reduction tool. When stress levels are kept low by avoiding stress or draining it away there is no stress element to motivate the self destructive behavior. As a secondary benefit the new behavior is also a substitute behavior for negative or destructive behavior.

The failure to resolve old conflicts can be a motivating factor for suicide. Unresolved grief and Post Traumatic Stress Disorders fall into this category. A competent hypnotist has a number of ways of dealing with these issues. The memories can be made to seem so far away that they cannot affect the client anymore. The events can be re-framed or redefined to have different meanings than the meanings that caused the pain and conflict for the client. The hypnotist can install a “Stop Thought” tool and reinforce the method so the client will no longer think selected negative or troublesome thoughts. The events can be moved to an imaginary movie screen in the mind where the events are no longer based in reality, but removed to the realm of the imaginary. The client is now removed from the events to become just an observer. These just touch on the many ways of dealing with past issues.

In many cases a hypnotist can simply suggest the client has become more cheerful and under the correct circumstances the client will accept the suggestion. In these cases the client sees more reasons in life to be cheerful and positive and overlooks more of the negative reasons that lead to depression when dwelt upon.

Emotions are almost always a great factor in the events that lead to suicidal behaviors. Since hypnosis deals not only with the logical conscious mind, but also the unconscious emotional mind this opens a door to better emotional health through suggestion and the other hypnotic tools available to the hypnotist.

Self worth and self concept issues often contribute to self destructive behavior. A person cannot consistently behave in a manner inconsistent with their self identity. Hypnosis has proven to be one of the most effective ways to deal with negative self concepts and to boost self worth.

Drug addiction can contribute to and be the primary cause of the downward life spiral that ends in suicide. The most recent information available indicates that the most effective treatment for drug addiction is using hypnosis as an adjunct to an effective Twelve Step Program.

These are just a few of the many ways that hypnosis can be used to prevent suicide, either with someone that has attempted suicide or is currently at risk. Hypnosis can also be a tool to uncover root causes of depression and self destructive behavior and can then be used to correct or realign those causes. Hypnosis has been so effectively used in the prevention of suicide and the treatment of contributing causes that in certain circles the results have actually become controversial. You might say it has been unbelievably effective when used in the appropriate manner.

Suggested reading: The Secret Language of Feelings by Cal Banyan

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