



Basic Information about Clinical Hypnosis

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What do you mean CLINICAL hypnosis?

This is to distinguish from stage or entertainment hypnosis. Clinical hypnosis is used by physicians, dentists, psychotherapists and other health professionals to promote healing and reduce complications related to health conditions. .

What is HYPNOSIS?

APA definition: (Dictionary of Psychology 2007)

the procedure, or state induced by that procedure whereby a hypnotist suggests that a subject experience various changes in sensation perception, cognition, emotion or control over motor behavior. . The exact nature of the psychological state ..remains the subject of much controversy.

Roxanna's definition: (2018) A heightened internal focus of attention in which the subjective sensory, memory or perceptual abilities are enhanced. This state can be used for the purpose of enhanced well-being and quality of life.

Roxanna's short definition of Hypnosis

a state of internal creative resourcefulness---a HEALING state

DOES A HYPNOTIST TAKES CONTROL over a subject?

This is an unfortunate myth that the stage hypnotists try to make the public believe. It isn't even true with entertainment hypnosis. Hypnosis is a COOPERATIVE interchange of suggestions and responses between the subject and the hypnotist.

Can ANYONE BE HYPNOTISED?

Creating a hypnotic trance requires the participation of the subject. It is easier for some individuals than others, but for the most part, everyone can enter a state of internal creative resourcefulness.

How does hypnosis WORK?

Hypnosis facilitates communication with ones own unconscious memories and life learnings. Hypnosis facilitates conditions which enhance our natural drive for health and well being

By using the subject's own
internal search and self acceptance,

In combination with the hypnotherapist's:
positive, encouraging suggestions
for healing
for discovery
for relaxation

What is hypnosis LIKE?

There are different ways that hypnosis can be practiced.

Roxanna uses a style of suggestive hypnosis in which she uses her words and voice to guide the subject into a state of relaxation in which their own thoughts and images from within come to mind.

The subject: relaxes in a comfortable position
FOCUSES attention inward
TRUSTS that their internal journey will be one of self discovery
NOTICES thoughts, images and feelings
ACCEPTS what comes to mind with interest and curiosity

The hypnotherapist: prepares the subject with what to expect
INVITES the subject to relax comfortably
GUIDES the subject into a state of self-discovery
OBSERVES whether the subject appears comfortable/ responsive
MANAGES time and interruptions that occur
RE-ALERTS at the end of the agreed upon time

How long does hypnosis take?

A skilled hypnotherapist and a willing subject -- depending on the circumstances-- can create a rapid response within a minute or two.

In a therapeutic setting, trance-work typically involves between 10 to 30 minutes

What will I feel?

Some individuals feel "out of this world" others feel "nothing happened".

Typically, trance entry becomes easier, more rapid with practice, as the subject begins to learn to re-enter the state of healing

Individual Feeling responses are not the important part of therapeutic hypnosis--- the important part is whether progress towards goals is made.

How will I know whether the hypnosis helps me with my problems or goals?

The subject is encouraged to make a reasonable goal: realistic & measurable.

The subject must check in with themselves periodically to evaluate progress.

What is a reasonable goal?

For initial hypnosis experiences: relaxation and feeling refreshed upon awakening.

A trained hypnotherapist can provide suggestions for :

- rapid healing
- habit changes
- self discoveries
- self awareness

For more information

The best source for CLINICAL hypnosis is a health professional. The organization that trains health professionals is the American Society of Clinical Hypnosis