

## HOW DOES HYPNOSIS WORK?

By Tom Nicoli, BCH, CI

- Everyone attempts to break bad habits. Everyone has felt avoidance in attaining varying levels of personal goals. This occurs because our desires are conscious thoughts. Our behaviors are subconscious thoughts. The simple process of hypnosis is a natural, safe and expedient way for behavior self-modification.
- During hypnosis, one's subconscious mind is a heightened state of awareness.
- When a person is in a relaxed state, the conscious mind is bypassed and suggestions are made to the subconscious mind.
- The subconscious mind then accepts these suggestions and creates the behavior changes or body changes in order to achieve the given suggestions.
- Hypnotic process is induced intentionally by the hypnotist.
- A hypnotist first identifies which approach will work best for each respective person.
- Individuals enter their state of hypnosis in a variety of ways.
- A person who does not trust the hypnotist or the process may take more time to go into a hypnotic state, and may not gain as many benefits.
- There are four levels of brain wave activity: Beta, Alpha, Theta and Delta.
  - Beta is the high level of complete consciousness.
  - Delta is deepest level of consciousness, i.e.: unconscious sleep.
  - The two levels in between Beta and Delta are the Alpha and Theta levels of consciousness.
  - Alpha and Theta are more relaxed states than total consciousness but above deep sleep. This is what is referred to as the hypnotic state of mind, simply being relaxed.
  - Alpha is a daydream or when you drive up the highway and drift off a bit and Theta is when you are in a dream state, above deep sleep. The light relaxed state of Alpha is all that is necessary to achieve in order to make behavior changes. This is why most people do not think they are "hypnotized" because we have all been misled as to what hypnosis really is.
- Upon reaching a relaxed state, the conscious mind can be bypassed and suggestions are registered directly in the subconscious mind.
  - This is because desires are conscious thoughts, whereas behaviors are created and motivated at a subconscious level
  - When a person reverts away from the level of conscious/Beta level thought into the first level of relaxed, calm, lucid and non-analytical Alpha level of thought, this is the lightest level of a hypnotic state.
  - Drifting more deeply into a dream or Theta state of deep relaxation, meditation and mental imagery is the deeper level of hypnosis.
- Hypnosis is not talk therapy. It does not include advising, diagnosis or prescription. These are practices within the domain of other professionals, typically licensed to counsel or medicate.

### Disclaimer:

Hypnosis cannot, and should not, stand alone as the sole medical or psychological intervention for any disorder. Hypnosis should not be used instead of appropriate medical, dental, or psychological treatment, and any individual with a medical or psychological problem should first consult a qualified health care provider for diagnosis and professional advice. Hypnosis should only be practiced by those who have been appropriately trained, who practice appropriately, and within the scope of their training.

## **HOW/WHAT CAN HYPNOSIS HELP?**

- Hypnosis helps change attitudes, which is the key to changing behavior(s),
- Through hypnotic suggestion, individuals gain greater control over their own minds and actions
- Hypnosis can be very helpful in establishing a higher threshold to pain.
- Through hypnosis, individuals or groups are empowered with positive suggestion w resulting in the independent resolution of individuals' challenges.
- With hypnosis, a person can change behaviors or undo obsessions that otherwise seem difficult or impenetrable to change.
- The primary aim of hypnosis itself is self-healing, and self change.
- Hypnosis can improve the experiences and processes of life.
- We are all victims of habit. Most of us hardly ever recognize our positive habits, like exercise or a healthy diet, for we look at those as expected. We do however focus on all of our negative habits, like over eating and smoking.
- The hypnotist's job is to assist the subject to achieve those natural states of mind where healing and change best happen.
- Used correctly, hypnosis, whether by a hypnotist or through self-hypnosis, is a popular resource used by millions of people each to tap into and maximize the optimum potential of the human and body.
- If you one can imagine, desire, and believe in a goal, hypnosis can help make the goal become a reality in the mind of a person – thereby enabling the person to overcome subconscious obstacles and attain goals.

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