

Hypnosis Definitions and Standardized Usage of Terms

“Hypnosis: Hypnosis is similar to guided imagery or visualization; utilizing the same techniques athletes and successful achievers use in many areas of life, a person simultaneously reaches a relaxed state of the body and mind that occurs spontaneously as well as through external induction. In this state, one bypasses critical and analytical faculties of the conscious mind, enabling the delivery of suggestions to register directly into an optimally heightened awareness of one’s subconscious mind.” *Tom Nicoli, BCH, CI*

“Hypnotist: Function: *noun* 1: an expert in hypnotism 2: a person who induces hypnosis

Hypnosis: Function: *noun*. Inflected Form: *plural* **hypnoses** 1: a state that resembles sleep but is induced by a person whose suggestions are readily accepted by the subject

2: any of various conditions that resemble sleep

Hypnotism: Function: *noun*. The study or act of inducing hypnosis

Hypnotize: Function: *transitive verb* Inflected Forms: **-tized** *also British* **-tised** 1: to induce hypnosis 2: to influence by or as if by suggestion <a voice that *hypnotizes* its hearers>

Hypnotic: Function: *adjective*. 1: tending to produce sleep 2: of or relating to hypnosis or hypnotism

Hypnotherapy: Function: *noun* Inflected Form: *plural* **-pies**. 1: treatment by hypnotism

2: psychotherapy that facilitates suggestion, re-education, or analysis by means of hypnosis

Induction.

Induction Function: *noun* 1: the act of causing or bringing on or about <*induction* of labor>; *specifically*: the establishment of the initial state of anesthesia often with an agent other than that used subsequently to maintain the anesthetic state 2: the process by which an electrical conductor becomes electrified when near a charged body, by which a magnetizable body becomes magnetized when in a magnetic field or in the magnetic flux set up by a magnetomotive force, or by which an electromotive force is produced in a circuit by varying the magnetic field linked with the circuit 3 **a**: arousal of a part or area (as of the retina) by stimulation of an adjacent part or area **b**: the sum of the processes by which the fate of embryonic cells is determined and morphogenetic differentiation brought about —**in-duct** /in-'d&kt/ *transitive verb*”

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“Hypnosis: A temporary condition of altered attention in the subject which may be induced by another person and in which a variety of phenomena may appear spontaneously or in response to verbal or other stimuli. These phenomena include alterations in consciousness and memory, increased susceptibility to suggestion, and the production in the subject of responses and ideas unfamiliar to him in his usual state of mind. Further, phenomena such as anesthesia, paralysis and rigidity of muscles, and vasomotor changes can be produced and removed in the hypnotic state. “ *The British Medical Association (BMA)*

NGH (National Guild of Hypnotists): The NGH is a not-for-profit professional and educational organization comprised of dedicated individuals committed to advancing the field of hypnotism, a forum for the free exchange of ideas concerning hypnotism, and a vehicle for legal and legislative action. Dr. Rexford L. North, founder of the NGH, started the organization in Boston, Massachusetts 55 years ago in 1951. Currently, the NGH national headquarters is in New Hampshire, with local chapters in cities throughout the US and worldwide. Dr. Dwight F. Damon is the current President and Executive Director of the NGH. *The Journal of Hypnotism*, an industry periodical published by the NGH, was also founded by Dr. North. The NGH also publishes *The Hypno-Gram*. These two publications are regarded as the first and most comprehensive publications devoted exclusively to the field of hypnotism. Among the many events the NGH organizes each year, the two most famous annual events are the annual NGH National Convention & Educational Conference, with participating hypnotists from all over the world (August 10-12, 2007) and the annual World Hypnotism Day (January 4, 2007).

Tom Nicoli BCH, CI – A Better You Hypnosis

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