

## HYPNOTISM CASE EXAMPLES & GROUP STAGE SHOWS

*For a person to be hypnotized, it is necessary for that person to want to be hypnotized.*

*In 2004 alone, Tom Nicoli performed more than 2000 sessions.*

*Of those sessions, only three did not get hypnotized.*

### Tom Nicoli: Individual Case Examples

#### **Male, high school senior, star athlete**

**Case:** Overcome “slump”: Eliminate self-consciousness, relax, overcome negative thoughts, and build confidence to use existing skills to fullest potential in order to improve athletic performance, break his existing record, and to make top-ranked college varsity swim team as an incoming freshman.

**Results:** With great enthusiasm, the athlete explains the results he experienced thanks to hypnosis by Tom Nicoli: “I was more relaxed. Because I was more relaxed, I knew I could accomplish my goals. During the sessions I felt like I could ‘wake up’ whenever I wanted and I never felt uncomfortable. It was almost like taking a nap but you are aware of everything around you. I still use his CD’s. I was trying to make a Junior National cut in the 1000-yard freestyle, and I needed to drop seven seconds. After all the sessions, I ended up dropping *over 10 seconds* in that event. I also dropped five seconds in my 500-yard freestyle. So they were drastic drops, because dropping a second or two is hard and I didn’t think I would drop that much time.”

**Summary:** Subject quickly overcame subconscious obstacles, refocusing concentration on winning ways instead of on fears, providing him with confidence and relaxation to not only reach, but to exceed his goals. A few sessions with hypnotist Nicoli and personal follow-up utilizing self-hypnosis eliminated the thoughts that previously held back the swimmer.

#### **Female, registered nurse, married, mother of grown children.**

**Case:** Overwhelming anxiety and increasing stress preventing diet/weight loss, attendance at appointments to have important dental work, causing her to feel like her life was “out of control”, and necessitating her use of a “variety of medications”.

**Result Summary:** After one session of hypnosis, she began “feeling more positive, making better food choices and improving eating patterns.” After five more sessions, she lost fear of dentist, lost 60 lbs, had a beauty makeover, and reached a stronger sense of emotional and physical well-being, which enabled her to significantly reduce the use of medications.

#### **Star football running back, male.**

**Case:** Having recovered from an ankle injury, the subject was physically capable but emotionally unable to play with the abandonment necessary to win as he did prior to the now-healed injury. He explained: “Every time I go to make a move or cut I think I might get hurt. I’m not as confident any more when I play.”

**Results:** The player went to three sessions, each a week apart. He also reinforced the weekly sessions with daily use of self-hypnosis cd’s. After the second session, he was “...feeling more confident and playing a little better”. After the third session the player exclaimed, “Well, I ran for 212 yards in last week’s game. I just kept moving my feet and breaking tackles. And I did something I never did before without even thinking about it. I made a spin move on someone when they went to tackle me in the open field and ran for the touchdown.”

**Summary:** The hypnosis sessions restored this star player’s game in his mind – a resource necessary for every winner. Since the game begins in the mind, the hypnosis enabled the player to reach his winning potential.

#### **Male, court constable & Emergency Medical Technician (EMT), father with 5 children.**

**Case:** Anxiety attacks, panic attacks (to the point of feeling like he was having heart attack while driving) and claustrophobia, resulting from highly stressful job responsibilities which include serving people with court subpoenas. Subject’s EMT certification required ongoing testing including being lowered into a sewer in a harness to perform close-quarters’ rescue.

**Results:** During first session of hypnotism, subject needed the hypnotist to leave the door partially open. After two sessions, subject was “feeling a significant reduction in the anxiety response”. After third session, he “stopped experiencing the overwhelming response to the panic attacks”, saying he “felt free”. Subject entered fourth hypnosis session, placed his successful EMT re-certification on the hypnotist’s desk, and exclaimed “How’s that?!”, having overcome his fears of testing and confined spaces.

**Summary:** Client overcame subconscious feelings of claustrophobia and fear preventing him from performing his job and supporting his large family. Client’s fears that were holding him back were replaced with positive focus and deeply desired behavior modifications, allowing him to enjoy his family and excel in his professions.

**Female, well-known US actress/performer, Latina in her 20's**

**Case:** Subject traveled to hypnotist Nicoli's office prior to a major TV-series audition with overwhelming fears including self-esteem and lacking confidence. These issues stemmed back throughout her life. She never felt a sense of belonging with her Caucasian or her Latina peers. Her fear of rejection would jeopardize her auditions as well as her performances.

**Results:** After two sessions, she won major role on a national television show. The actress, motivated by her newfound confidence moved from the East Coast to CA, where she sought and won larger roles, having successfully replaced hobbling fears with positive thoughts. These driving factors in her life were resultant from the successful hypnosis work of Tom Nicoli.

**Summary:** Feelings of not belonging as a child manifested for the actress as she became an adult. This was creating her to move forward with fears that would prevent her from being able to live with fame and achieve her life-long dreams. Tom Nicoli's hypnotism enabled the performer to replace her negative feelings with positive behavior and subconsciously balanced thought as she encountered situations with potential for rejection. Today, the subject is extremely successful, famous, self-fulfilled, and feels welcome in diverse personal and professional surroundings and situations.

**Subject: Male, security guard at a state convention center, married.**

**Case:** Desire to eliminate unhealthy eating habits that led to weight gain and poor fitness.

**Results:** After one session, subject was able to overcome cravings and ignore undesired impulses to eat. Subject returned months later for a reinforcement session with the desire to maintain his confidence and momentum, having lost weight and started exercising. Quote from subject: (describing dinner at an Italian with his wife shortly after being hypnotized). "I just stared at the rolls, I thought I wanted them but I didn't. It was strange but cool."

**Summary:** The hypnosis enabled the subject to finally replace his impulsiveness with willpower and achieve greatly desired results.

**Male, CEO of a production company in his 40's.**

**Case:** Desired weight loss, and chronic pain from "carpal tunnel from my right elbow to hand" and " sore hip I have to work in each morning when I get up." His chronic pain was the result of Tension Myositis Syndrome (TMS), characterized by Dr. John Sarno in his book "The Mind Body Prescription". Sarno characterizes the syndrome explaining that "many physical issues do originate anatomically. They are manifestations of internal stress or unconscious rage.

**Results:** During second session with hypnosis by Tom Nicoli, when asked about his arm and hip, the producer's eyes widened with surprise as he responded, "You know, I never even thought about it. It's fine. I haven't had a problem at all."

**Summary:** This client, like many others, restored his physical sense of well being and eliminated his pain. The process of hypnosis reduced his internal stress levels, relieved built-up tension and removed his fears, replacing the stressors to move forward with a positive balance that restores his body to optimum functionality.

**Group Stage Shows**

Stage hypnotists often design performance shows that involve the participation of people who subconsciously agree to do unusual things for the purpose of entertainment.

Stage hypnotists determine and select participants who are highly suggestible, as well as participants who are willing to enjoy a 'different' or less inhibited experience for the purpose of entertainment.

Hypnosis is sometimes feared by people who believe the incorrect misconception that stage-show participants might experience "surrendering their will" or "mind control". In reality, a person cannot be hypnotized without being willing, nor will a person behave under hypnosis in a manner that is contrary to their fundamental beliefs.

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. Any individual with a medical or psychological problem should first consult a qualified and licensed health care provider for professional 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.

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