



WHO CAN OR CANNOT BE HYPNOTIZED?

Who can be hypnotized?

- The prerequisite for a person to be able to be hypnotized is willingness.
- Everybody is in a hypnotic state at some point of each day.
- There are three core elements necessary for hypnosis. These three factors ensure that a person is willing and open to suggestion and responsiveness.
 - One must *Believe* it will work.
 - One must genuinely *Desire* that it will work.
 - One must *Expect* that it will work.
- A person can be in a state of hypnosis while running, or dancing, or even driving.
- Most people can be hypnotized.
- There is a common misconception that those with 'a strong will' cannot be hypnotized.
- Intelligent people can be hypnotized faster because they can more easily access their imagination, and are better at following instructions than someone with a low IQ.
- It is helpful for potential subjects of hypnosis to know what hypnosis is NOT, to comprehend what it IS, and to realize the potential for positive and empowering effects.

Who Cannot be Hypnotized? What Can't Hypnosis Do?

- A person unwilling to be hypnotized
- A person who is too drunk.
- A person with extremely low intelligence, typically scoring an IQ level lower than 70.
- Hypnosis will not modify a person's acceptance of new ideas or behaviors that conflict with their personal values.
- Extensive research in physiological response shows that people under hypnosis are not lying.
- Hypnosis cannot be used to control someone else's mind, or their actions.

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.

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