



# Hypnotherapy : Myths and Misconceptions

What are the most common questions asked when people consider going to see a hypnotherapist? Some people are understandably a little apprehensive about considering hypnotherapy as a treatment, usually because of misconceptions about .what they have seen on television or in films

Let's break some of the myths surrounding Hypnotherapy and try to understand this .science which offers you numerous physical and emotional benefits

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## **Myth #1: The Hypnotherapist will be able to .control your mind**

Truth: No one can control your mind unless you allow them to. Your Hypnotherapist will give you suggestions that you want to be given, based on the Preliminary discussion. You will never lose control of your mind during your session. When your subconscious mind doesn't understand or agree with a suggestion, it automatically  
.rejects it

## **.Myth #2: Hypnotherapy induces sleep**

Truth: The most widely believed myth is that "hypnotherapy induces sleep" and also that "hypnotherapy makes you black out / lose consciousness". Hypnotherapy is not about inducing sleep. You are completely aware of everything that is going around you. You feel relaxed with an increased level of focus during the session. It can be used to cure insomnia but a hypnotherapy session itself cannot put you to  
.sleep

## **Myth #3: Hypnotherapy comes from "Black . "Magic" or is "Supernatural**

Truth: Hypnosis is a natural state that has been studied scientifically. Hypnotherapists are not psychics or Palm Readers with "special powers". The basis for hypnotherapy is many years of clinical research by renowned psychologists such as Sigmund Freud and Carl Jung. A hypnotherapist is a facilitator who is guiding you



to co-operate and touch the power of your subconscious mind. Hypnotherapy is a clinical practice and it is used to treat mental, physical and emotional issues and .also to improve career aspects

## **Myth #4: Hypnotherapy is Dangerous and you may not be able to snap out of a hypnosis .state**

Truth: Hypnosis is very safe and is in fact, a state of hyper-awareness. Any time there is an emergency, a person would naturally be able to come out of this state by opening their eyes, and stretching or speaking. You are never in an unconscious state and your guide/ facilitator will always bring you back to a state of .consciousness once the process is complete

## **Myth #5: I have never been in Hypnosis .before**

Truth: Each person naturally enters a state of hypnosis at least twice a day: before falling asleep at night and before waking up in the morning. We all enter into this trance-like state without being aware of our current state of mind. Watching TV, listening to music, driving on the highway, or reading a good book are some of the .ways people easily enter 'Environmental Hypnosis

## **.”Myth #6: Hypnotherapy is a “Miracle Cure**

Truth: Hypnotherapy can make permanent improvements fairly quickly, but there is no such thing as a “Hypno-Miracle”! The pace at which an individual progresses depends on the individual. A person with a deep-rooted desire to quit smoking may start to display changes post one session only. The power to heal yourself lies .within you

## **Myth #7: Hypnotherapy is a great tool to get**



## **.people to confess**

Truth: Every Hypnotherapy session is kept private and cannot be used for court testimony. It is not an alternative to lie detector tests. Hypnosis cannot force anyone to “tell the truth” or to confess

## **Myth #8: I will be unconscious during Hypnosis, and I won't remember what .happened during the session**

Truth: Hypnosis is not an unconscious state of sleep. People report that sessions improve their awareness, concentration, and focus, as well as their ability to hear more clearly

## **Myth #9: Self-hypnosis is safer, more effective, or less expensive than seeing a .professional**

Truth: Self-hypnosis can be harmful if it is not taught properly by a trained professional, as a negative attitude or belief will be reinforced despite the suggestions made. This can cause more stress and problems in the long run. Self-hypnosis does not directly access the subconscious mind as hypnotherapy does

## **Myth #10: Hypnotherapy is only for 'mentally .weak' or 'emotional' people**

Truth: Hypnotherapy has nothing to do with your personality type. It is a tool/practice backed by science to help people access their subconscious minds and improve their mental, physical and emotional state of well-being. You might also discover new things about yourself that you've forgotten and stored deep in your subconscious mind

I hope you have got your doubts cleared regarding the practice of hypnosis and



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hypnotherapy. Hypnosis is increasingly believed to improve many outcomes. [Call us](#)  
[.today](#) to set up a consultation today

.Drop your questions in the comments section or [reach out](#) to me