

What can I expect?

A goal of *Hypnotic Relaxation Therapy* is increased empowerment to help you achieve what you want to accomplish.

You cannot be hypnotized against your will or be made to do anything against your will.

While HRT involves a process of “letting go” of tension and stress, the goal is increased control of self and symptoms.

You will not spontaneously begin talking or revealing information that you do not wish to provide.

You will be aware of what is going on around you and what suggestions your therapist is providing.

You will be in control of your awareness during HRT.

While HRT involves a process of “letting go” of tension and stress, the goal is increased control of self and symptoms.

You are in control and can terminate the hypnotic state at any time you wish.

Professionals using hypnosis should have taken professional courses in hypnosis under appropriate supervision.

What training is required?

The use of HRT is limited to health care providers who have completed training appropriate to their professional mandates.

Many professionals receive and refine their training through continuing education workshops.

You may find local associations in your state which include psychologists, dentists, medical doctors or nurses, counselors, social workers, and marriage and family therapists with training in hypnotherapy. Your primary care physician may also be an excellent referral source.

A word of caution:

Be wary when using internet searches, as individuals who are unlicensed lay hypnotists may not have adequate training to diagnosis and develop competent treatment plans, or care consistent with standards.

Discuss your concerns with your physician, psychologist, nurse, or health care provider

Professional Resources

The American Psychological Association (APA)
<http://www.apa.org/topics/hypnosis/index.aspx>

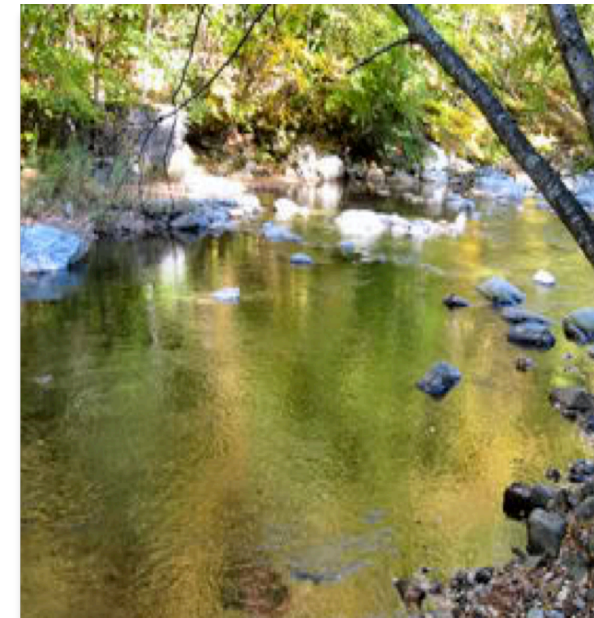
The American Society for Clinical Hypnosis
www.asch.net

The Society for Clinical and Experimental Hypnosis
<http://www.sceh.us/>

Mind-Body Medicine Research Laboratory
Baylor University
<http://www.baylor.edu/psychologyneuroscience/index.php?id=76174>

Hypnotherapy and Hypnotic Relaxation Therapy:

WHAT YOU NEED TO KNOW



What is Hypnotherapy or Hypnotic Relaxation Therapy?

Hypnotherapy is sometimes referred to as ***Hypnotic Relaxation Therapy***(or HRT) because it involves the use of relaxation, mental imagery and suggestion for a therapeutic purpose.

The use of relaxation, mental imagery, and suggestion have been used in medicine and healing arts for centuries.

HRT involves learning how to use your mind and thoughts in order to manage emotional distress (e.g., anxiety, stress), unpleasant physical symptoms (e.g., pain, nausea), or to help you change certain habits or behaviors (e.g., smoking, overeating).

How will I benefit from Hypnotic Relaxation Therapy?

HRT has been demonstrated to have wide range of benefits, from simply improving symptoms or difficulties, to completely eliminating them.

Most people describe a hypnotic induction as a pleasant experience, during which they feel focused and absorbed in the hypnotic experience.

Your therapist will structure the suggestions based on your comfort and preference.

Ask your health care provider about his or her training if you have any questions.

What issues tend to respond well to Hypnotic Relaxation Therapy?

Depression
Coping with stress
Insomnia
Phobias
Sexual problems
Self-esteem
Menopausal symptoms
Sleep problems
Smoking cessation
Weight loss/control
Post-Traumatic Stress Disorder
Chronic pain
Coping with medical procedures
Anxiety Disorder
Burn therapy
Cancer side effects
Hot flashes
Irritable Bowel Syndrome
Headaches
Low back pain
Fibromyalgia
Bruxism
Pain management

In Hypnotic Relaxation Therapy, you are given suggestions to achieve an altered state of awareness in which it is possible to reduce stress, manage pain, or respond to hypnotic suggestions to achieve greater control over behavior or symptoms.

Your therapist will likely complete a clinical interview in order to understand the history of your problems, and then develop a treatment plan. He or she will ask about past medical and psychological treatments, and determine if there are physical or emotional conditions that would contraindicate the use of HRT.

How many sessions are needed?

Length of hypnotic treatment depends on the severity of the problem and your specific needs.

HRT is often used with other psychotherapeutic methods, and usually involves at least five sessions, but may range to twenty or more sessions.

During the first visit you will be given information on HRT, a treatment plan will be initially developed, and goals of treatment.

Will I learn self-hypnosis?

Your therapist may make tapes or recordings for you to use between sessions or as home practice.

Recordings of sessions are frequently made and you will be encouraged to practice on a daily basis during treatment.

The goal of HRT is to empower the patient and that usually involves teaching how to use hypnotic relaxation methods in a way that increases personal control.