

Hypnosis FAQ by Knight

Is there such a thing as Hypnotherapy?

By Bryan Knight on February 7th, 2012



Strictly speaking, no.

The label is often applied when a therapist uses hypnosis with a client. But however refreshing it is to enjoy being in hypnosis the experience by itself is not therapeutic.

Therapy is done while a person is IN hypnosis, not BY hypnosis.

What is forensic hypnosis?

By Bryan Knight on January 31st, 2012



The use of hypnosis in police and similar investigations.

The North American acknowledged expert in this field is Inspector Marx Howell.

Is relaxation a prerequisite for hypnosis?

By Bryan Knight on January 23rd, 2012



No.

It is, of course, preferable to relax when you are in a therapist's office.

But you could (and often do) go into hypnosis while exercising vigorously (e.g. running a marathon) or in an emergency (such as a car crash).

Is hypnosis safe for children?

By Bryan Knight on January 15th, 2012



Yes.

Hypnosis is safe for everyone.

Children can readily benefit because, even more than adults, they slip in and out of hypnosis naturally all day as they play make-believe.

Why are you and Michael Carr-Jones annoyed when people use the phrase UNDER hypnosis?

By Bryan Knight on December 20th, 2011



Because that invokes the out-dated concept of the hypnotist being in control, of the client being involuntarily sedated.

When I was supposedly in hypnosis I heard every word the therapist said so I could not have been hypnotized, could I?

By Bryan Knight on December 13th, 2011



Hypnotherapist Michael Carr-Jones answers this by saying your question is his "biggest bête noir".

"Of course you hear every word. You are awake, aware, fully conscious. If you could not hear every word we would all be wasting our time and your money."

How do I know I was hypnotized?

By Bryan Knight on December 7th, 2011



The best way is from the results achieved. If you experience the kind of physical and imaginative details described previously you probably won't even ask this question.

However, if like a lot of people you don't feel much different physically or mentally while supposedly in hypnosis there are three possibilities:

1. You were hypnotised but because of false notions about hypnosis decided you weren't.
2. You chose not to be hypnotized.
3. You were not hypnotised.

What does it feel like to be in hypnosis?

By Bryan Knight on November 29th, 2011

This is traditionally answered by "it feels different for each person" which is a bit like claiming that no two snowflakes are alike. How on Earth would we know?



When used in a therapeutic context many people report:

- feeling relaxed,
- uncaring about their everyday concerns,
- only vaguely aware of their surroundings,
- barely hearing extraneous noises,
- focused in their imaginations,
- arms and legs either pleasantly heavy or light,
- enjoyable tingling sensations,
- sense of peace and lethargy,
- mind super alert.

To an observer the hypnotized person looks as relaxed as if she were asleep. In particular, the face becomes placid and sometimes a little flushed. The eyelids may twitch a little.

Could I be sexually assaulted while in hypnosis?

By Bryan Knight on November 23rd, 2011



Of course.

But since you are awake and aware of what's happening while you're in hypnosis you'd only allow the assault to continue if you wanted it to.

Assaults are far more prevalent by "professional" physicians, psychologists and psychotherapists, who are not using hypnosis.

Can I get stuck in a trance?

By Bryan Knight on November 9th, 2011



No.

If the hypnotist stopped talking to you after a while you'd either drift off to sleep or you'd open your eyes to find out what's going on.

Can the hypnotist create a false memory in my head?

By Bryan Knight on October 25th, 2011



No, But she could create a false belief.

Inadvertently because she suggests something that didn't actually happen or deliberately because it's part of your therapy.

Let me explain: the hypnotist might by accident ask a "leading question" such as "And who else is in the room with your 7 year-old self?" which would likely cause a hypnotized client to imagine someone being in that room even though in reality there had been no other person present.

On the other hand, the hypnotist might very deliberately and positively suggest a client who is afraid of public speaking imagine himself giving a great speech at his next business meeting.

Can hypnosis be dangerous?

By Bryan Knight on October 17th, 2011



No.

There's no danger in hypnosis, only in hypnotists.

Hypnosis can be misused. Deliberately or unwittingly.

Deliberate misuse of hypnosis is what a philandering physician did when he tricked his hypnotized wife into swallowing a fatal overdose of pills.

Unwitting misuse is like the British stage hypnotist who was convicted of causing a volunteer extreme distress because he regressed her to an age when she recalled being sexually assaulted. He should have

suggested she act *like* a six-year-old, rather than *be* six years old.

Can hypnosis be used to uncover the truth?

By Bryan Knight on October 10th, 2011



No.

This question is often asked by someone wanting to know for sure if their partner is really being faithful.

However, the partner could tell lies while hypnotized.

Hypnosis does not act like a truth serum.

Will I reveal secrets when I am in hypnosis?

By Bryan Knight on October 6th, 2011



You will only say what you want to say.

In therapy it is often beneficial to reveal a secret.

But if you are revealing a secret while in hypnosis it's because *you choose* to do so, not because you're hypnotised.

Can someone be hypnotized to rob a bank?

By Bryan Knight on September 19th, 2011



Only if they actually want to commit the crime. And then they wouldn't need to be hypnotized. :-)

If it were possible to make someone commit a crime by hypnotizing them then the CIA and the KGB would have rejoiced in being able to program killers. Despite their best efforts (in the '60s) they were unable to persuade normal recruits to kill just because they were hypnotized. And their psychopaths don't need hypnosis as an excuse.

Is it possible to hypnotize someone over the Internet?

By Bryan Knight on September 12th, 2011



For sure.

I have a number of clients I've met only through the Web with whom I do hypno-psychotherapy.

Check this brief video in which I chat about: [Therapy over the Internet](#)

Are there times when it would be good to be out of hypnosis?

By Bryan Knight on September 6th, 2011



Yes. For example, when you are so mesmerized while surfing the Net that you would buy something you don't need just because you are in a daze.

More seriously, you might want to be [de-hypnotized](#) from the food industry's TV ads or from the negative messages implanted in your head by well-meaning (or not so well-meaning) parents.

Does the hypnotist control the client?

By Bryan Knight on August 30th, 2011



Only as much as the client wants to be controlled.

Bad movies and books notwithstanding, since the client is awake and aware she decides what she'll agree to.

Paul

Are hypnotic suggestions akin to software and the brain like a computer?

By Bryan Knight on August 23rd, 2011



Sort of. These metaphors suit our current thinking. They serve as handy shorthand for describing the process of hypnosis. ="padding-top:>

But just as Newtonian physics was revolutionized by Einstein and his theories later brought into question by quantum physics so our metaphors will likely be superseded when we understand more about how the brain functions.="padding-top:>

 Meanwhile, just as Newton’s ideas are still useful in certain contexts, so too is the idea that our minds are somewhat like computers. However, remember that a computer spits out exactly what is entered into it. The human mind modifies the information entered. ="padding-top:>

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Is it true that everything that has ever happened to me is recorded in my brain like a video, waiting to be replayed?

By Bryan Knight on August 15th, 2011



No. Memory is selective and malleable.

There is no unblemished record of your life stored somewhere just waiting for you to re-discover events from your past.

Is hypnosis built in to our basic biology?

By Bryan Knight on August 9th, 2011



Yes. It's the opposite of the well-known 'flight-or-fight' response.

It's the calm-and-confident response.

Is there a biological basis for hypnosis?

By Bryan Knight on August 4th, 2011



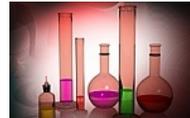
Yes.

When a person is in hypnosis specific parts of the brain "light up" in brain scans.

Also, for decades Candace Pert, a scientist, and Ernest Rossi, a psychologist, have explained how hypnosis has measurable effects arising from thoughts and behaviours through the intermediary flow of neurons and hormones.

Is there a scientific basis to hypnosis?

By Bryan Knight on July 28th, 2011



Yes. Hypnosis has been studied extensively.

Here's some of the scientific research: [Research into Hypnosis](#)

Is hypnotizability linked to other personality characteristics?

By Bryan Knight on July 17th, 2011



Idea go

Not much. People who are highly intelligent are more easily hypnotized as are people who have been sexually abused as children (possibly because to survive they had to dissociate).

Is hypnosis a trait?

By Bryan Knight on July 7th, 2011

No. Hypnosis is not a fixed trait, like eye colour.

Although built-in to our basic biology it can be enhanced with practice.



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Is hypnosis a skill?

By Bryan Knight on June 24th, 2011

Yes. Hypnosis is an inborn talent of the client. Its use, deliberate or unwitting, varies from person to person. Your development of this skill can be enhanced with the guidance of an experienced hypnotist. Then the talent can subsequently be even more useful and enjoyable when employed by you on your own.

Can a sleeping person be hypnotized?

By Bryan Knight on June 16th, 2011



Although some people claim this is possible you have only to remember that the sleeping person is unconscious to realise the absurdity of trying to hypnotise her.

Can anyone be hypnotized?

By Bryan Knight on June 9th, 2011



Can anyone be hypnotized?
Generally speaking, yes. But not:

- if the person doesn't want to be,
- if the person is weak-willed,
- if the person is drunk or stoned.

Psychotic people can be hypnotized. (Although that is rarely advisable). Here's a more traditional answer from Steve G. Jones: YES. The lightest state of hypnosis (Alpha) is achieved easily. Everyone enters a hypnotic state every day, several times per day. It's that state you are in when you are watching TV, reading a good book, or playing video games. It's the state you are in when you are just waking up or just going to bed. You are not fully conscious, but you are not fully unconscious either. In this state you're up to 200 times more suggestible than when you are fully awake (Beta). Many people, when they hear about hypnosis, say, "Well, I can't be hypnotized." These people have been misinformed, mostly by Hollywood, about what hypnosis is and is not. It is not necessary to be in some sort of otherworldly trance to be in hypnosis. Hypnosis is a natural state which everyone moves in and out of throughout each day. Many of our everyday normal activities are actually performed under hypnosis without us being aware of it. An example of hypnosis is playing video games. Some people can play video games for hours in one sitting. If someone were to talk to you while you were in a video game session, you would be able to respond. Yet another good example of a hypnotic state is being on the computer. People who are using a computer are focused on what they are doing, but can intelligently answer the phone when it rings. So, hypnosis is no different to playing video games or working on a computer. Most people engaged in these activities would not think they are in a trance, but they are. They are in a light hypnotic trance known as Alpha. Oh, by the way, reading a fascinating article (like this one) is another form of hypnosis...surprise! You're in hypnosis!!! In alpha, your mind

is slowed down just a little your focus is narrow, your breathing is slow, and you are relaxed. Since you are up to 200 times more suggestible even while you are in the light state of alpha, anything beyond this is unnecessary for most purposes (i.e. programming someone to lose weight, stop smoking, overcome fear of flying, etc.). You can have an extremely effective hypnosis session while being aware of and able to recall every word spoken by the Hypnotherapist. Steve G. Jones Clinical Hypnotherapist www.SteveGJones.com 912.897.9799

Does hypnosis have nothing to do with the subconscious?

By Bryan Knight on May 26th, 2011

Does hypnosis have nothing to do with the subconscious?



Not necessarily. Many hypnotists define hypnosis as the bypassing of the critical [conscious] mind and an accessing of the subconscious.

Sounds impressive, but what do we mean by the subconscious?

Although some people equate the subconscious with the brain's right hemisphere the subconscious is probably better understood in a metaphorical sense. For example, Freud claimed it is a cesspool of sexual and violent urges while present-day theorists are more likely to consider the subconscious to be either a well-spring of goodness or a storehouse of memories that normally lies outside our conscious awareness.

When you are in hypnosis are you asleep?

By Bryan Knight on May 16th, 2011

No, ***when you are in hypnosis you are conscious, awake and aware.***

So, what is hypnosis?



Altered state, relaxation, heightened suggestibility, role-playing, conditioning or dissociation, whatever hypnosis is, it enables a person to experience thoughts and images as though they were real.

Is Hypnosis a Form of Dissociation?

By Bryan Knight on May 10th, 2011



This definition claims that in some as yet unexplained way, the mental functioning of a person is compartmentalised and one part can be isolated from the others. Dissociation is an everyday conscious experience which begins in childhood, according to Dr Josephine R. Hilgard, noted hypnosis researcher and author.

When a person is engaged in conversation with someone else he is also talking with himself and thinking ahead to his next comments.

Children blithely slip in and out of fantasy lives, temporarily adopting make-believe roles which they discard at will. This capacity to fantasize can be retained through practice

and makes the dissociation characteristic of hypnosis less surprising.

Is hypnosis a form of psychological conditioning?

By Bryan Knight on May 6th, 2011



[Salvatore Vuono]

According to this explanation, a person learns through direct experience or through TV or the movies, how to behave 'hypnotised.'

Another way to see hypnosis as something learned, is to assert that a person becomes conditioned to a word stimulus such as "Relax." Once having allowed himself to relax, the client is thereafter conditioned to repeat the experience of relaxing upon hearing the stimulus-word.

Perhaps hypnosis is just role-playing?

By Bryan Knight on April 25th, 2011



ClipartOf.com/53453

Some theorists say that people think or do things in hypnosis because it's expected of them and by them. They are fulfilling a role. They want to please the hypnotist. So there's no altered state of consciousness, there's simply a motivation to act as though hypnotised.

This theory might hold for stage performances and the like but can hardly apply to surgery. Thousands of hypnotized

persons have benefited from operations with no chemical anesthetic.

Is hypnosis simply suggestion?

By Bryan Knight on April 21st, 2011



What does this mean? That people in hypnosis will accept suggestions more readily than when not in hypnosis?

That explains nothing. People are readily suggestible without hypnosis -- the mammoth advertising industry attests to that -- and people in hypnosis by definition want to cooperate. Of course they accept suggestions. They suspend their disbelief as they would while reading a novel. But suggest something that is distasteful to them and they'll quickly stop cooperating -- just as they'd drop a novel which offended them.

Is hypnosis just another name for relaxation?

By Bryan Knight on April 13th, 2011



No. Often all a person new to hypnosis will note is that she feels relaxed. Often more deeply relaxed than she's ever felt before. This has led to claims that hypnosis is nothing more than profound relaxation. But laboratory tests prove hypnosis is something more than relaxation: e.g., after hypnosis the heart rate remains slowed down longer than after relaxation alone.

More on hypnotic trance

By Bryan Knight on April 7th, 2011

The very existence of trance is challenged by some hypnosis authorities. See, for example, British psychologist and hypnosis expert Michael Heap's article at <http://www.mheap.com/hypnosis.html> where, among other topics, he discusses the man who was sexually attracted to his mattress and household appliances subsequent to being hypnotized.



Does hypnosis put you into a trance state?

By Bryan Knight on March 27th, 2011



Some hypnotherapists believe our everyday sense of reality is actually a trance. That we need to awaken, to de-hypnotize from the myths of what we think is real.

For most practitioners the most common view of hypnosis is that it is an altered state of consciousness; your awareness differs somehow to your everyday sense of reality. This is often referred to as being in a trance. However, for many, perhaps most people being in hypnosis does not seem much different to how they feel at other times.

What is hypnosis?

By Bryan Knight on March 14th, 2011

Although some definitions describe hypnosis in terms of interaction between people, hypnosis is not something one

person "does" to another.

Hypnosis is like daydreaming: a form of relaxed concentration. What is relaxed is first the body and second,

the conscious part of the mind. However, many people in hypnosis find that, while the body is indeed profoundly relaxed, the mind is sharp and alert.

The Fragile Male Ego

By Bryan Knight on March 24th, 2010

[Men in Therapy](#)

Lose Your Fears About Money

By Bryan Knight on November 20th, 2009

Lose Your Fears About Money

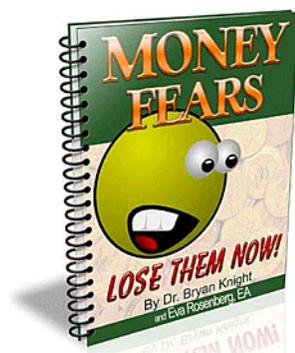
Jane and John's marriage is in upheaval. All the problems revolve around money. John buys whatever takes his fancy, with no thought about whether he really needs that new band saw or rare bottle of wine or high-priced restaurant meal with his buddies. He loves to impress friends and colleagues, even though he spends far more than he earns.

Jane, on the other hand, while upset at John's careless spending habits and knowing that they are sinking deeper and deeper into debt every week, can't bring herself to keep a record of the checks she writes, let alone save any money. John is unconcerned about building the couple's financial capital. He thinks that's Jane's responsibility. But she has no clue about saving for their future. The house she daydreams about remains an unattainable fantasy.

Their individual fears about facing up to their bad money habits dooms this couple to financial disaster.

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about money is to face their fears with our hypnotic solution:



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- I am nervous when I buy something.
- I hate paying for things.
- Shopping bothers me even when I need things.
- My impulse buying is out of control.
- I dither over whether to buy something or not.
- After I've bought something I question my decision.
- I boast about how much I save with bargain purchases.
- I show off how much I can spend.
- My checkbook is a mess -- I have no idea how to balance it.
- My bookkeeping is out of date and I abhor doing it.
- It's so hard to decide how and where to spend my money.
- I can't save any money.
- There is no record of where I spend my money.
- Saving money is so hard.
- My debts are growing uncontrollably.
- I'm nervous about managing my finances.

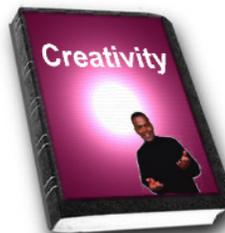
Then you need our ebook. Based on questions posed to tax expert [Eva Rosenberg, EA](#) the ebook contains a calm, relaxing and brief hypnotic session by Dr Bryan Knight that can help you lose your fears about money and develop a more satisfactory financial future.

[You'll need the free Acrobat Reader to be able to view the ebook. Download here: [Acrobat Reader 9+](#)]

I will email the ebook to you as soon as possible after I receive payment -- usually within 24 hours.

Creativity for Hypnotherapists

By Bryan Knight on July 22nd, 2009



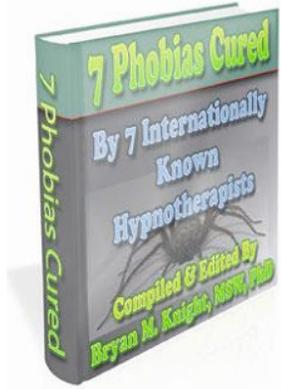
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7 Phobias Cured by Seven Internationally-Recognised Hypnotherapists

By Bryan Knight on March 20th, 2009



Effective Hypnotherapy to Cure a Public Speaking Phobia

"The Weather Could Kill Me" -- A Phobia of Rain & Thunder

The Professor who Feared Microphones

"I Would Have Paid a Billion Dollars to be Able to Open my Front Door"

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-- usually within 24 hours.

Order this ebook for only \$9.95. Hypnotherapists from England, New Zealand, United States, Australia and of course, Canada, describe how they cured their clients previously trapped in phobias that disrupted their lives.

Australia and of course, Canada, describe how they cured their clients previously trapped in phobias that disrupted their lives.

clients previously trapped in phobias that disrupted their lives.

their lives.

Here's the list of topics:

Overcoming a Phobia of Trains

"It's Not the Point -- How I Cured a Needle Phobia"

The Curious Case of the Button Lady

(bonus) The Curious Case of the Agoraphobic Cheque

Seven Most Frequent Questions

By Bryan Knight on April 23rd, 2007

Seven questions about hypnosis pop up most often:

They are:

1. Can hypnosis help me to forget someone?

2. Does the hypnotist take control of my mind?

3. Can I get stuck in a trance?

4. Will hypnosis uncover the truth about [my husband], [my abuse], [whatever]?

5. Are people who go up for stage hypnosis really hypnotized?

6. Can I control other people with hypnosis? [Asked often by adolescent boys who want to seduce women]

7. Can everyone be hypnotized?

These questions, and scores of others, are answered on my page "Hypnosis: 77 Answers to Questions

I Wish You'd Stop Asking". Just click here: <http://hypnosisdepot.com/Answers.php>

Hypnosis in Fiction

By Bryan Knight on December 31st, 2006

Accounts of hypnosis in novels are often inaccurate. However, here are nine novels in which hypnosis is skillfully described. (Yes, I know I advertise "Seven Best" but I couldn't resist copying all nine from my site where you'll find new entries from time to time).

Blood Memory by Greg Iles

A masterpiece of suspense and gut-wrenching insight into the sexual abuse of children it is riveting in its plot, admirable in its characterizations and impressive in its accuracy of detail.

What a magnificent imagination Greg Iles enjoys. You'll be amazed at the twists in this mystery as the first-person heroine -- forensic odontologist Catherine Ferry -- struggles with issues of love, abandonment, bipolar disorder and revenge all the while tracking down a serial killer.

Would make a great teaching tool for therapists unfamiliar with the horrific effects of childhood sexual abuse. A clear exposition of the abused child's mechanism of survival -- dissociation -- is followed by an evil psychiatrist claiming that hypnosis to retrieve buried memories of abuse has been largely

discredited because "inexperienced clinicians have implanted too many false memories" using hypnosis. He goes on to say he uses whatever works, including hypnosis and EMDR. [Which, of course, is hypnosis by another name]

Iles displays his writing genius as he captures the twin barriers to exposure of child sexual abuse: guilt and secrecy. [See my article about Overcoming Childhood Sexual Abuse] The plot unfolds with every detail wrapped up satisfactorily. But this book is definitely not for the squeamish reader. It will make you think of teeth in a whole new way.

What a great talent Greg Iles possesses and how fortunate we are that he writes such marvellous books.

Deliver Us from Evil

by Philip Luber

Fawcett Books.

Here is an excellent mystery written by a forensic psychologist. The story is told from the first person viewpoint of psychiatrist, Dr Harry Kline. While ostensibly a novel about a hit and run crime, this is actually a complex work which delves particularly into the convoluted, often poignant, relationships between fathers and daughters. And everyone's need for love.

Dr Kline, like all the characters in the book, is well-drawn. He displays weaknesses and oversights, as well as strengths. The author is less charitable toward a malpracticing psychologist. In contrast, he portrays a social worker as warm, wise and professional (which, as a former social worker myself, I appreciated).

Characterization of scene matches the vividness of characterization of people. The reader certainly gets to know the Concord, Mass., area. Minor quibbles are that there is too much repetition about men thinking with their penises, too much repetition about the origins of the American Revolution (perhaps as a Brit I'm a mite too sensitive) and the author should have checked whether Bibles are really publicly available in Catholic churches.

The writing is lively. Therapists will delight in the fictional psychiatrist's observations, some

of which I have taken the liberty of quoting below. There are acute observations on the so-called False Memory debate, as well as insights into issues such as confidentiality -- and the frailty of therapists who are, after all, human.

To quote Dr Kline: "In my professional life, I encourage people to take risks and talk about what's bothering them. In my personal life, I can be as reluctant as anyone else to face problems head-on."

The butterfly motif (it appears on the cover and is intimately linked to two of the daughters in the text) seems to contain a multitude of meanings, ranging from a flight from, to a branding of, evil.

Tears came to my eyes when I read a moving passage in the book between the hero's daughter, whose mother is dead, and her grieving grandfather.

There's also humor in the book. The exchanges between Dr Kline and his best friend, a lawyer, brought several chuckles. Welcome relief to the serious context surrounding these men who strive to be honorable.

Hypnotic recall of trauma receives a drubbing. Luber certainly makes his points that hypnosis is no truth serum, that memory is malleable and that the human imagination is awesome.

Two quotations from Dr Kline, aka Philip Luber, with which most therapists would agree:

"When you make a decision for a patient, you damage the sense of confidence and independence that you should be helping him build."

"Psychiatrists can't read minds. We study the chemistry of the brain; we give medications to alter it. We listen to our patients' words; we classify them. We observe our patients' behaviors; we codify them. We match their complaints and impairments against esoteric theories of psychological development, and we come up with diagnoses and labels that fool us into thinking we understand that which is, ultimately, incomprehensible by man: the human spirit."

Amen.

The Programs by Greg Hurwitz

Inside a mind-programming cult. Excellent expositions of hypnosis and how it differs to brainwashing.

The Mermaids Singing by Val McDermid

Fast becoming one of my favourite writers, Val McDermid has a fine grasp on all things therapeutic. Check the accuracy of a hypnosis session, for instance, on page 304.

The Last Temptation

by Val McDermid

No praise is too high for McDermid's mysteries. Here again she excels in portraying the thinking, drives and weaknesses of men (especially as portrayed by Tony Hill, psychiatrist) in a mystery packed with complexities to satisfy even a jaded mystery-lover. More satisfying accurate descriptions of forensic hypnosis.

Garnet Hill by Denise Mina

A delight for the anti-psychiatrist reader. Unethical behaviour, scandals, abuse. Also determined courage by a betrayed client. Gives a fresh meaning to the so-called False Memory Syndrome.

Blood Trance by R.D. Zimmerman

How's this for an original detective? She's not just female, but blind and paraplegic. Zimmerman's creation of forensic hypnotherapist Maddy who works through her brother and best hypnotic subject, Alex, is unforgettable. Apart from her tendency to ask leading questions, Maddy offers some interesting examples of using hypnosis to solve crimes.

Lost Light by Michael Connelly

For a pretty good (and simple) hypnotic technique check pages 140 - 142. Probably the best book in the series that features detective Harry Bosch.

Fast Forward by Judy Mercer

Several pages of accurate information about hypnosis and psychotherapy are refreshing. Couple that with an intriguing mystery about memory and identity plus an excellent rendition of a hypnotherapy session and you have a novel to delight even the severest critic.

Seven Best Hypnotic DVDs

By Bryan Knight on November 29th, 2006

The Seven Best Hypnotic DVDs are, of course, the ones that I offer on the Hypnosis Depot website (<http://hypnosisdepot.com>).

Actually, there are 11 of them but let's not get caught up with numbers. If you're looking for an inexpensive way to boost your self-confidence, lose weight, stop smoking, relax or be more positive then you can't go wrong with our Psychovisual Therapy hypnotic DVDs.

The powerful DVDs put you into a light hypnotic trance (and bring you out). They contain subliminal messages (you receive a printed list) and much more.

Discover more here <http://hypnosisdepot.com/DVD.htm> and here <http://hypnosisdepot.com/DVDs.htm>

Just in time to help yourself with those New Year's resolutions.

5 Hypnosis Myths Exploded

By Bryan Knight on September 29th, 2006

Okay, so I'm short 2 Myths. But this article written by a colleague is too good to pass up. And if you absolutely **must** have seven

myths, why not read my pages [77 Answers to Questions I Wish You'd Stop Asking](#).

5 Hypnosis Myths Exploded

Over the years, hypnosis has picked up all sorts of weird associations from stage hypnotists, the media and superstition. This is a great shame, because in reality, hypnosis is your single most effective tool for change. Hypnosis is your birthright, and you should

know how to use it so it doesn't use you. Here we dispel the biggest hypnosis myths.

Hypnosis Myth 1) All hypnosis is the same

As with anything, hypnosis can be good, bad or indifferent. The most common is old-style authoritarian hypnosis of the type "You are getting sleepy, you are feeling confident". Unsurprisingly, this sort of hypnosis doesn't work well with many people. Good hypnosis uses subtle psychological principles and advanced communication patterns. It's like the difference between a football coach who thinks you'll perform best if he yells at you, compared with the more elegant style of a great leader who knows that to get the best from his people, he needs to understand motivation, to cajole, encourage and reward.

[Hypnosis Downloads.com](#) offers hundreds of recorded sessions using the best type of hypnosis.

Hypnosis Myth 2) Subliminals work

Subliminals are words that you can't hear. Common sense says they shouldn't work, and there's no research proving that they do.

Hypnosis Myth 3) Some people can't be hypnotized

The only reason you can't be hypnotized is if you are incapable of paying attention due to extremely low IQ or brain damage. That's not to say that every hypnotist can hypnotize you however. The more flexible the hypnotist, the more effective she will be with the largest number of people.

Hypnosis Myth 4) Hypnosis is something weird that other people do to you

If you couldn't go into hypnosis, you wouldn't be able to sleep, to learn, or get nervous through 'negative self hypnosis'. (You know when you imagine things going wrong and it makes you feel anxious? Well that's negative self hypnosis!) Hypnosis is simply a deliberate utilization of the REM (Rapid Eye Movement) or dream state. We're not giving people medication here – if it wasn't a natural ability, hypnosis wouldn't work!

Hypnosis Myth 5) You lose control in hypnosis

Crazy news stories, stage hypnotists and gossip have created the illusion that you lose control in hypnosis. In fact, when hypnotized, you are relaxed and focused – and able to choose to get up and walk away at any time. You choose to give your attention to the hypnotist, and you can withdraw it at any time. If you have been scared of hypnosis in the past, this article has hopefully convinced you to at least give it a try. But remember, ensure what you're getting is the real thing. Visit www.hypnosisdownloads.com

Yapko, Michael D. (1995). *essentials of Hypnosis; Basic Principles into Practice*. New York: Brunner/Mazel.
(Yapko's books are excellent, simply packed with practical information. This paperback is a condensed version of his amazing "Trancework: An Introduction to the Practice of Clinical Hypnosis.")

Free shipping on these [books](#)

Seven Best Hypnosis Books

By Bryan Knight on January 25th, 2006

In my opinion are:

Cheek, David B., [Hypnosis: The Application of Ideomotor Techniques](#), Boston: Allyn and Bacon.

Hammond, D. Corydon (1990). *Handbook of Hypnotic Suggestions & Metaphors*. New York: W.W. Norton.

(Although Hammond is strongly opposed to so-called "lay" hypnotists and would like to drive people like myself out of business the book contains lots of useful material).

Laurence, Jean-Roch, and Perry, Campbell (1988). *Hypnosis, Will & Memory: A Psycho-Legal History*. New York: The Guilford Press.

Rhue, Judith W.; Lynn, Steven Jay; Kirsch, Irving (Eds). (1997). *Handbook of Clinical Hypnosis*. Washington, D.C. American Psychological Association.

Rossi, Ernest L., and Cheek, David B. (1994). *Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis*. New York: W.W. Norton.

Udolf, Roy (1981). *Handbook of Hypnosis for Professionals*. New York: Van Nostrand Reinhold.