

## How many sessions will it take?

Every person is different, however as a general rule of thumb, a condition or behavior change may take 2-5 sessions. If someone comes with a multitude of changes they wish to make, often this takes longer as you work on one issue at a time.

**It will be likened to peeling an onion until we get down to the underlying core issue whilst resolving each obstruction along the way.**

When we work with children, we often have the parents come in for sessions too.

## Is it safe?

What Hypnotherapy does is to help bring out the best in you. Hypnosis will not put something into you that was not there in the first place. This means that you will change by leaving behind any habits or baggage you no longer need or want and thereby become a stronger & happier person.

It is a normal, naturally occurring, healthy state of mind. It is totally DRUG FREE. There has never been a single documented case of harm resulting from the use of hypnosis



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**It must be noted that hypnotherapy is not a replacement for medical treatment.**

**A medical check is advisable before therapy in cases where the problem may predominantly have a physical cause.**

Hypnosis is best described as a very deep state of relaxation.

Hypnosis is a normal, natural, healthy state of mind. It is a naturally occurring body defense mechanism.

Hypnosis appears spontaneously as a protective mechanism in humans when they are frightened, disoriented, or in situations of severe mental or physical stress.





## History of Hypnosis

Hypnosis is not a new modality or treatment. Under a variety of names, hypnosis has been known and utilized for millennia as a means of influencing human behavior. Therapeutic suggestion and concentration has been practiced throughout the history of human endeavor, as we sought to recognize & treat discomfort, disorder and disease. The Celts and Druids practiced hypnosis. The Egyptians founded "Sleep Temples" some 4000 years ago dedicated to therapeutic trance states in which curative suggestions were given. The Bible has many sections, which allude to the hypnotic phenomena.



## What happens in Hypnosis?

A Hypnotherapist is a specialist, using the healing state of hypnosis to work with problems or conditions that the client wishes to change. The hypnotherapist enables the client to achieve a state of mental, physical & physical relaxation. When in Hypnosis, the conscious mind (that busy, critical, analytical part of the mind) takes a rest. Hypnosis allows people to tap into the storehouse of information that lies in the subconscious mind & make positive

changes to thought patterns, habits or effects of traumatic incidents that are having a negative impact either mentally or physically.

## What does Hypnosis feel like?

Hypnosis can be likened to the feelings we experience just before waking completely from sleep or just before we drift off to sleep. Some people say it feels like daydreaming. When in hypnosis, people experience a state of complete mental, physical & emotional relaxation. In itself, this is a very healing state. Dr. Milton Erickson described the process as "a free period in which individuality can flourish".



## Who can be Hypnotized?

Virtually anyone can be hypnotized, some more easily than others. Like anything in life, the more people practice self-hypnosis, the more easily they can slip into that wonderful relaxed state. The depth may vary from person to person.

All you need to do is follow your hypnotherapist's instructions and have a reasonable attention span.

## Would I be asked to do something against my will or be Unconscious?

NO - This would be the most common misunderstanding associated with Hypnosis. This is probably tied in with the belief that the therapist has control over the client. This is NOT the case. People will not do or say anything under hypnosis that they would not do normally. They are fully aware and in control of their responses.

**All hypnosis is Self-Hypnosis - You cannot be hypnotized against your will!**

Scans of people in hypnosis show that the brain activation seen in hypnosis is quite different from that seen in normal waking or sleeping or in meditation. This fear comes from TV Shows and stage Hypnotists.

## Are any abilities enhanced during Hypnosis?

Yes:

- ❖ Your ability to IMAGINE
- ❖ Your ability to REMEMBER
- ❖ Your CREATIVE abilities
- ❖ Your responsiveness to POSITIVE suggestions

