

# Benefits of using hypnosis

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The aim of this paper is to identify the benefits of using hypnosis in various fields. In order to do so, the paper will discuss the definition of hypnosis and its brief history. In relation to this, its effects towards an individual as well as the instances when hypnosis is used will also be given due consideration. Lastly, but most importantly, the benefits of using hypnosis will be emphasized in this paper. The succeeding paragraphs will further elaborate on these aforementioned points. Definition of Hypnosis

Hypnosis comes from the Greek word “ypnos”, which means sleep (Russell). It is defined as a “social interaction in which one person responds to suggestions given by another person also known as the hypnotist for imaginative experiences involving changes in perception, memory, and the voluntary control of action” (Kihlstrom). Hypnosis is regarded as a scientific technique that is verified as an effective means to inflict accelerated human change. By using hypnosis an individual could inflict the changes that he or she wants on a certain person.

These changes could even promote and encourage mental and physical wellness. Moreover, hypnosis is also especially studied by healthcare professionals, practicing therapists as well as individuals who are looking for ways to change their untoward behaviours and to change their lives for the better (The Empowerment Group). Brief History of Hypnosis Hypnotic relationship has been practiced for over 5000 years in Chinese medicine between healers and patients.

Egyptians also practiced hypnosis through the form of Temple Sleep that was recognized by priests as a special healing as well as an enlightening state. The ancient Greeks also have their own form of hypnosis that is referred to <https://assignbuster.com/benefits-of-using-hypnosis/>

as Asclepian dream healing. Many prominent personalities in history have used hypnosis in order to propagate their views such as: Genghis Khan, Richard the Lionheart, Napoleon, Hitler, Churchill, Billy Graham, Mohammed, and even Jesus practiced hypnotism. Nevertheless, the high-profile practice of hypnosis took place in 1734-1815 with physician Anton Mesmer.

He applied hypnotism in his theory of animal magnetism where he contributed an important paper in the practice of hypnotism that considers the relation of magnetic influences in the movement of sun, moon, and planets in the state of human health. This study of Mesmer started the propagation of hypnosis towards the end of the first half of the 19th century. Hypnosis spread as far as Italy, Spain, the rest of Europe and Scandinavia and even Brazil (UK Guild of Hypnotist Examiners).

At present, hypnosis is practiced in many parts of the world. Application of Hypnosis and its Effects towards an Individual A typical hypnosis starts with the induction procedure wherein the person is asked by the hypnotist to relax and concentrate in focusing his or her eyes on a fixation point. The voice of the hypnotist will instruct the person on what to do. Nonetheless, individuals could also have a positive response to hypnotism even if it is done while he or she is engaged in a vigorous activity.

After the hypnotist directed the person of the primary procedure he or she would further suggest the patient for different imaginative experiences like extending ones' arms or that when he or she opens his or her eyes the object in front of them will no longer be there. Furthermore, the patients may also be instructed by the hypnotist to disregard or continue a particular behavior (Institute for the Study of Healthcare Organizations and <https://assignbuster.com/benefits-of-using-hypnosis/>

Transactions). An individual's response to hypnosis tends to vary as it is based upon the differences of each person to another.

This is due to the fact that hypnosis has large to do with the capability or talent of an individual to experience hypnosis rather than the hypnotic technique that was used. Majority of people are moderately hypnotizable but even though most people respond to hypnotism only few of them could actually attain the highest level of responsiveness or what is called as hypnotic virtuosos (Institute for the Study of Healthcare Organizations and Transactions). Benefits of Hypnosis The benefits of hypnosis could be seen in various aspects of an individual's life.

Hypnosis could be beneficial in someone's personal life, working career, and even with regards to the physical and mental well-being of a person. In terms of one's personal life, someone who might want to quit smoking or start exercising to lose weight could undergo hypnosis in order for them to start doing these desirable actions and make it part of their everyday routine. A person could also learn to relax about the stressful work that he or she might have as well as start pursuing those career dreams that he or she aspires through the motivational aid of hypnotism.

Even psychological and emotional problems like phobias such as fear of public speaking and shyness could also be addressed through the use of hypnosis (Hypnosis School). Moreover, hypnosis has also been used by criminologists, psychologists as well as other mind specialists in order to guide and control the behaviour of a patient. Programs that involved intelligence or education-related skills have also resulted to hypnotism so that it could easily

enhance the academic skills of their student like memorization and speed reading (All About Life Challenges).

Lastly, what makes hypnosis a very popular form of therapy is the fact that it does not involve taking drugs or any kind of medication that could be habit forming. Being the case, a patient does not have to worry about serious side-effects as well as the expenses in such kind of treatment (All About Life Challenges). The discussions above show that hypnotism indeed has a substantial contribution in addressing the various problems that most people have to go through. Hypnotism tends to give solution to personal, psychological, medical, and even social concerns.

The efficacy and importance of this kind of treatment is proven by the long period of time that it has been used. Being the case, it is not surprising that hypnotism give numerous benefits for the overall well-being of a person. Works Cited All About Life Challenges. " Benefits of Hypnosis. " 7 August 2008 . Hypnosis School. " The benefits of hypnosis. " 7 August 2008 .

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