

# Hypnosis essay sample

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Hypnosis, is a state, very similar to trance, in which your focus and concentration are heightened. Hypnotherapy is usually performed by a therapist with the help of verbal repetition and specific mental images. Once you have entered this state - you are completely relaxed and calm, furthermore, you are more open to suggestions and influence. People have been arguing for over 200 years, about how hypnosis works, but even science can not explain this phenomenon exactly. Many of us have seen what a person is capable of doing under hypnosis, but why he actually does it, remains a mystery. Secret, the disclosure of which might explain how the brain works. It is unlikely that in the nearest future, scientists will be able to answer this question. However, psychiatrists state that they have uncovered the basic principle of hypnosis. " Hypnosis - a state similar to a trance, characterized by increased susceptibility, relaxation and heightened imagination. But this is not a dream, because the subject is always in the awakening state. It's sort of waking dream. Person is conscious, but he does not respond to external stimuli, except the hands of the hypnotist and his words. People have been plunged into a hypnotic state for thousands of years already. In many religious cultures, an important role was played by meditation, a kind of hypnosis. However, science has been interested and focused on hypnosis since the late 1700s. Franz Mesmer, an Austrian psychiatrist, is considered to be the founder of modern hypnosis. Messer believed that hypnosis is a mystical force which is transmitted by the hypnotist to the subject (he called it " animal magnetism"). Skeptics quickly dispelled the theory of mystical power, but for a long time, scientists have developed Messer position that the energy, contained in hypnosis, comes from the hypnotist and has an impact on the subject. Originally called

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hypnosis mesmerism, after Mesmer, and even today the two terms are considered to be some sort of synonymous.

Hypnosis has divided society on two parts: one truly believes in it, whilst at the same time another one argue, that it is fraud. As a result, there are a lot of misconceptions about hypnosis. The most common one is when people think that hypnosis is like sleep. In fact, it is not even close to sleep. Once being plunged into trance state, the person is awake, moreover, he is extremely concentrated, attentive and focused. The hypnotized person is never unconscious. Another belief is that while under hypnosis you can do almost anything. The truth is that you are completely aware of what is happening around you, and no one can force you to do anything that you are not willing to do. Furthermore, some psychiatrists claim that they can force a hypnotized subject to reveal the deepest secrets. However, it is simply on the contrary: if you have secrets that you are not willing to tell - you will not share them to anyone, even under the hypnosis. Another myth states that only gullible people can be hypnotized. In fact, it is quite the contrary! Due to the fact that hypnosis requires attention, focus and concentration which means that intelligent person is more likely to be hypnotized, over the unwise one. Overall, there are a lot of myths and misconceptions connected with the mysterious field of psychology but there are appropriate ways for hypnosis as well. Hypnosis is really helpful for psychiatry and other medical specialties. It is a proven fact that hypnosis is useful in speeding recovery from physical or mental traumas.

Finally, the true power of hypnosis has not been discovered yet, it is an interesting branch of psychology that definitely requires attention.

## **Works Cited**

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