

Hypnosis: Fact vs. Fiction

By Vic Rebman Ph.D.

Hypnosis is one of several methods we utilize to facilitate therapeutic change. This method can be very effective in the hands of a skilled clinician. If you are considering hypnosis for personal change and development, it is vital to find an experienced health service provider with advanced education in the behavioral sciences.

Vic Rebman, Ph.D. is a licensed clinical psychologist and also a full member of the American Society of Clinical Hypnosis. He completed 100 hours of post-doctoral training in clinical hypnosis from Dr. Michael Yapko, a world-renowned expert in hypnotherapy. With his many years of clinical expertise, integrating hypnosis into the therapeutic experience is very powerful.

Dr. Rebman provides customized individual hypnosis sessions. Each session is recorded and a personal copy is made available for home use. This CD is included in the hourly cost.

Clinical Hypnosis CD's available include: Cue-Controlled Relaxation; Managing Weight Gain; Managing Emotions; Developing a Smoking Aversion; Sleeping Well; Healthy Mind--Healthy Body; Raise Your Self-Esteem; Positive Thinking; Test With Confidence.

What is Hypnosis?

Hypnosis is a relaxed, highly focused state of concentration.

An important fact of psychology: What you focus on, you amplify.

Through an hypnotic experience, one is guided in acquiring a relaxed, highly absorbed state of concentration. This allows for access and amplification of inner resources, which are often not otherwise available.

For example, during hypnosis, individuals are often able to manage pain without drugs; discover ways to move comfortably through situations that used to cause panic and anxiety; develop the ability to focus on what is good and positive, and reduce despair and depression; break free of unhealthy habits; focus on success imagery and enhance performance.

Hypnosis is a tool for guiding the focus of your mind to connect more fully with the strongest and healthiest parts of yourself. Whether your goal is to manage pain, reduce stress and anxiety, develop a more optimistic attitude, quit smoking, or improve your golf game, hypnosis can help. It is a powerful tool which can help facilitate progress toward any personal/professional goal.

Common Misconceptions and Truths About Hypnosis

Misconception #1: Hypnosis is a form of brainwashing or “mind control.”

Truth #1: During hypnosis, you cannot be made to say or do anything against your will. Therapeutic hypnosis is an interactive experience based upon mutual cooperation: You set the goals and the therapist guides your focus and concentration in ways that help you access the inner resources necessary to accomplish those goals. You are fully alert and capable of ending the experience anytime you choose.

Misconception #2: Anyone who can be hypnotized must be weak-minded.

Truth #2: Hypnosis has nothing to do with weak-mindedness. In fact, everyone has experienced hypnosis; it is a natural, everyday occurrence. For example: Have you ever been driving down the freeway and been so absorbed in your thoughts you missed your exit? Or, have you ever been so absorbed in what you were doing that you lost track of time? These are everyday hypnotic experiences.

Misconception #3: Once one has been hypnotized, they can no longer resist it.

Truth #3: You can choose to end your hypnosis experience anytime you desire. (Often, clients are reluctant to, however, because of the relaxation and comfort they experience.)

Misconception #4: Hypnosis is a good (bad) thing.

Truth #4: Hypnosis is simply a relaxed state of highly focused concentration. In and of itself, it is neither good nor bad. What makes hypnosis “good” is when it helps facilitate cognitive, emotional, psychological or behavioral changes that improve the quality of one’s life.

Misconception #5: One inevitably becomes dependent on the hypnotherapist.

Truth #5: Hypnosis is a therapeutic tool and does not foster dependency of any kind. Good hypnotherapy actually helps you access inner strengths and resources so that you can be more independent and self-reliant.

Misconception #6: One can become “stuck” in hypnosis.

Truth #6: You can end a hypnosis experience any time you choose. Reading a good book is relaxing and absorbing and you may certainly hate to put it down, but do you risk getting stuck in it and never find your way out?!!

Misconception #7: One is asleep or unconscious when in a state of hypnosis.

Truth #7: Hypnosis is not sleep. During hypnosis, you are relaxed, conscious, and alert. If you have ever tried to learn by listening to tapes while sleeping, you know that doesn’t work!!

Misconception #8: Hypnosis is simply relaxation.

Truth #8: Hypnosis is much more than simple relaxation. It is relaxation with the deliberate structuring of subjective experience, in order to maximize resourcefulness. A good hypnotherapist knows how to deliver suggestion that maximizes the probability of tapping inner resources which will help you achieve your goals.

For more information, contact: Vic Rebman, Ph.D.
Licensed Clinical Psychologist

Full Member of the American Society of Clinical Hypnosis