

**Think For A Change! Achieving Your Goals.
How the Power of Hypnosis Can Help You Achieve Your Goals.**

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Your mind is extremely powerful. It is a psychological fact that what you focus on, you amplify. The mind has such creative power that the quality of your life boils down to the quality of your focus. For example, focus on what makes you angry and you get angrier; focus on what gives you satisfaction and you feel gratified. Likewise, focus on a desirable goal and you begin to feel motivation, but focus on the obstacles to the goal and you begin to feel overwhelmed and discouraged.

Achieving goals is all about getting and sustaining the right focus; a mind set that connects you with your inner resources and potential for growth and change. This is what clinical hypnosis does: It is a relaxed, highly focused state of concentration which serves to help you connect and amplify your inner resources. It activates the power of positive suggestion at a deep, subconscious level, aligning all of your mental resources. You no longer have a part of you working at odds with the rest of you. (Like when you want to lose weight, but a part of you dreads dieting and exercise.)

During hypnosis you are guided in acquiring a relaxed, highly absorbed state of concentration. This allows for access 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, such as smoking or overeating; focus on success imagery and enhance performance.

I successfully utilize hypnosis to help my clients quit smoking, lose weight, reduce stress and anxiety, break free from depressive thinking styles, manage migraine headache pain, eliminate test anxieties, and the list goes on. The power, of course, is not in the hypnosis, but in the focused mind of the client. Establish and sustain the right mental focus and you are on your way to achieving your goal.

Unfortunately, many people are uncomfortable with the thought of using hypnosis to help them achieve goals. The word “hypnosis” conjures up images of a stage hypnotist wielding power over their subjects and getting them to behave in ridiculous and embarrassing ways. The truth is...hypnosis can never “make” anyone do anything against their will. A good stage hypnotist just knows how to select individuals who are open to their suggestions, and enjoy the attention and freedom that comes with blaming their behavior on “hypnosis.”

Here are a few more common misconceptions and truths about hypnosis:

Misconception: Hypnosis is a form of brainwashing.

Truth: 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: Anyone who can be hypnotized must be weak-minded.

Truth: 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 a freeway and been so absorbed in your thoughts you missed your exit? Or, have you ever been so absorbed in what you are doing that you lost track of time? These are everyday hypnotic experiences.

Misconception: Hypnosis is a good (bad) thing.

Truth: 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: One inevitably becomes dependent on the hypnotherapist.

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

Misconception: One can become “stuck” in hypnosis.

Truth: You can end a hypnotic 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: One is asleep or unconscious when in a state of hypnosis.

Truth: 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!

The Bottom Line: Hypnosis is a powerful tool for developing the mental focus one needs to achieve goals and elevate performance. I provide my clients with CDs of their hypnosis sessions, so they can practice and strengthen their positive mental focus outside of the sessions. Just be sure that whomever you consult for hypnosis services is credentialed and has expertise in the area of your interest.

For more information on hypnosis and other tips on improving mental health and creating positive change, visit my website and blog: www.rebmanconsulting.com or contact Vic Rebman, 260-471-9902.