

# Top 10 Myths about Hypnotherapy

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**Myth #1: The Hypnotherapist can control your mind.**

**Fact:** This is not true. No one can make you do anything that you do not want to do already. Your Hypnotherapist works with you and gives suggestions that apply to your unique situation. You will not accept any suggestion by the hypnotherapist that your subconscious does not agree with.

**Myth #2: I will bark like a dog or do strange things when I least expect to do so.**

**Fact:** Thanks to Hollywood and entertainment hypnosis, these images are prevalent but simply untrue. People act on stage and follow funny suggestions because they want to and subconscious do not have a problem with being that way. Hypnotherapy is a thoughtful method of self-development.

**Myth #3: Hypnosis comes from "Witchcraft" or is "Paranormal".**

**Fact:** Hypnosis has been studied by and recognized by the medical community as a valid intervention and treatment. Hypnotherapists do not have special insight or supernatural gifts. Research and development of the benefits of hypnotherapy have been extolled in the writings of Carl

Jung, Milton Erikson and John Kappas; all leaders and innovators in the field of psychology.

**Myth #4: I may be lost in a trance and unable to normal.**

**Fact:** Hypnotherapy is simply a state of relaxation in which you are more aware and able to experience your subconscious. Any emergent situation will allow you to be alert and aware of everything. Again, you are in control.

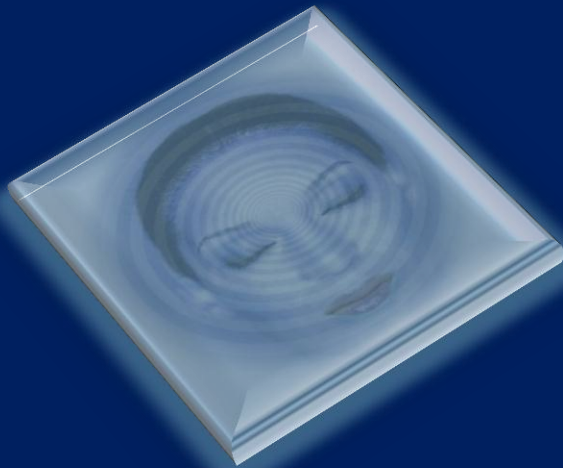


**Myth #5: I have never been in Hypnosis before.**

**Fact:** The fact is everyone experiences hypnosis. Every night just before you fall asleep and in the morning just before you get out of bed, there is a time when you are hypnotized. Experiences like driving and forgetting how you got there, getting lost in a movie, book or TV show is a form of situational hypnosis.

**Myth #6: Hypnotherapy is an instant cure.**

**Fact:** Hypnotherapy can be a relatively quick way of making permanent changes, but there it is a myth that there is instant cure. Each person progresses in making change at their own rate. This may be faster for some than others but beware of anyone who advertises instant success.

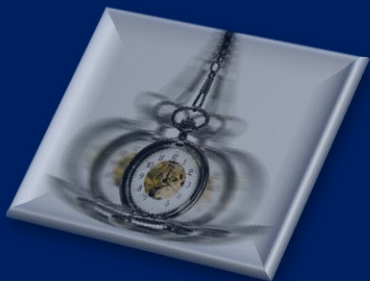


**Myth #7: Hypnotherapy is an intervention to procure truth.**

**Fact:** Hypnotherapy sessions are private sessions and cannot be used for legal purposes. It is a very bad substitute for a lie detector examination. Hypnosis cannot make a person tell the truth unless they want to.

**Myth #8: When Hypnotized, I will be asleep and wake not remembering anything.**

**Fact:** Hypnosis is not deep sleep. You are not unconscious. While some people forget some things (like waking with memory of a dream but forgetting it shortly thereafter) the subconscious remembers. The fact is most people report a great sensitivity to their surroundings, concentration, hearing and focus during a session.



**Myth #9: I will come out of hypnosis confused and tired.**

**Fact:** Hypnotherapy participants often report feeling relaxed as if they had just awoken from a power nap or a great nights rest. Most report less stress and many report a sense of peace.

**Myth #10: I can't be hypnotized because I am too intelligent or I am unfocused.**

**Fact:** There was a time when it was thought that about half of most people could not be hypnotized but in the last 30 years studies have consistently shown that anyone who wants to be hypnotized can be. If you are seeking help, a professional certified hypnotherapist can help you uncover the blocks and eliminate them to move you forward in your desired goals.

