

A serene sunset scene over a body of water. The sun is low on the horizon, creating a warm, golden glow that reflects on the water's surface. The water is dark blue with numerous small, dark ripples and bubbles scattered across it. The sky transitions from a deep blue at the top to a soft orange near the horizon. A white rectangular box is centered over the sun, containing the title text. Another white rectangular box is positioned at the top center, and a third is at the bottom center, both appearing to be part of a design layout.

What is Hypnosis

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What is Hypnosis?

Hypnosis is a natural state of focused attention, heightened suggestibility, and deep relaxation. It is often described as a trance-like state where the conscious mind becomes quiet, allowing the subconscious mind to become more receptive to positive suggestions. Hypnosis can be used for various purposes, including stress reduction, overcoming fears, improving self-confidence, changing unwanted behaviors, pain management, and even enhancing performance in sports or academics. It is also beneficial for addressing emotional blocks, improving sleep, and helping with habits such as smoking cessation or weight management.

During hypnosis, a person remains in control and aware of their surroundings, but their mind is more open to new perspectives and helpful suggestions. Contrary to popular myths, hypnosis is not mind control or sleep. It is a collaborative process where the client follows the guidance of the hypnotherapist to achieve a desired outcome. Many people describe hypnosis as a deeply relaxing experience that allows them to access their inner resources and reframe limiting beliefs.

How Does Hypnosis Work?

Hypnosis works by bypassing the critical, analytical part of the mind and directly accessing the subconscious. The subconscious mind stores memories, habits, emotions, and automatic responses. When in a hypnotic state, this part of the mind becomes more receptive to positive changes and suggestions.

Hypnosis typically follows these steps:

1. Induction – A hypnotherapist guides the client into a state of relaxation using verbal cues, breathing techniques, or guided imagery.
2. Deepening – The relaxation deepens, allowing the client to enter a focused and receptive state.
3. Suggestion Phase – The hypnotherapist provides positive suggestions, visualizations, or affirmations to help the client achieve their goal.
4. Reinforcement – Suggestions are reinforced through repetition and visualization, strengthening new beliefs or behaviors.
5. Emergence – The client is gently guided back to full awareness, often feeling refreshed and calm.

The Science Behind Hypnosis

Research shows that hypnosis affects brainwave activity and neuroplasticity. Studies using fMRI and EEG scans indicate that hypnotic states activate specific brain regions associated with attention, relaxation, and imagination. During hypnosis, the brain shifts from a beta wave state (alert and analytical) to an alpha or theta wave state, which is associated with deep relaxation and creativity. This state allows the subconscious mind to be more receptive to positive suggestions, making hypnosis an effective tool for behavioral and emotional change.

Common Myths About Hypnosis

Many misconceptions exist about hypnosis. Let's clarify some common myths:

- "Hypnosis is mind control." – Hypnosis does not make someone do anything against their will. Clients remain fully aware and in control.
- "I might get stuck in hypnosis." – No one stays in hypnosis indefinitely. If left alone, a person would naturally return to normal awareness.
- "Only weak-minded people can be hypnotized." – Hypnosis works on anyone willing to participate and follow instructions. Strong focus and imagination actually enhance hypnosis.
- "Hypnosis is like being asleep." – While hypnosis may feel deeply relaxing, the person remains aware and can recall the session afterward.
- "You won't remember anything after hypnosis." – While some suggestions may be absorbed on a subconscious level, most people remember the session clearly.

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