

Hypnosis Questions and Answer

Is hypnosis something new?

No, evidences of the uses of Hypnosis have been found as far back as the Egyptian dream temples. Presumably it is as old as man himself. Is Hypnosis old? No, it is as modern as mankind is today. It is present in every phase of our lives- today, yesterday, and tomorrow. It is all around us- evidences of it can be found in advertising, public relations, selling, and in all of our personal, social, and business contacts with others- it is, in fact, a part of us.

In the minds of many, the word "Hypnosis" has connotations of magic, the supernatural, the occult, and many movies and works of fiction have contributed to these misconceptions. It is the purpose of this brochure to dispel some of the "myths" concerning Hypnosis and by offering face in their place, to present Hypnosis in its true perspective.

After centuries of ups and downs, "Hypnosis" began to come of age in the 18th century and, after years of trial and error- groupings in the dark, began to emerge as a science. Since World War II, experimentation and practice have led to rapid advances in our knowledge and techniques spurred on by its acceptance, in 1958, by the American Medical Association. (In this regard, it should be noted that while some doctors claim exclusive rights to the use of doing the most to promote and teach this subject. Hypnosis is being taught to police officers, lawyers, clergymen, salesmen, executives, students, and many others who have found it beneficial to their endeavors).

It is believed by most authorities that all hypnosis is really Self-Hypnosis- a state that the subject produced himself with the teacher. It is a state of complete relaxation- both mental and physical. Hypnosis is not a medicine or cure. It is rather, a powerful tool that may be used in therapy, with wonderful results.

Quititnow.com
Dr. Steven Rosenberg, Ph.D.
8080 Old York Rd., Suit 206
Elkins Park, Pa 19027

QUIT IT NOW

Awaken to a new you.



Hypnosis Guide

www.quititnow.com

The following are some of the most frequently asked questions concerning Hypnosis:

1. Can a person be hypnotized against his will?

No. The operator must have the cooperation of the subject.

2. Will a subject perform any anti-social, criminal, or immoral act under Hypnosis?

Authorities agree that this is not possible- that the subject would not do anything in Hypnosis that he would not do in the Walking State. This applies, also, to sexual acts.

3. Does a weak-minded person make a better subject than a strong-minded person?

Strength of mind has nothing to do with it. A weak-minded person who resists is a poor subject. A strong-minded person who cooperates is a good subject.

4. Will I be asleep?

No. The person in Hypnosis is very much aware of all that goes on- actually his senses are more acute than in the Walking State.

5. Is it possible that a subject cannot be brought out of Hypnosis?

No. A simple suggestion of awakening is sufficient to bring a subject back to the Walking State. Actually, if the Hypnosis stops talking, the subject will soon awaken of his own accord.

6. Will I tell any secrets under Hypnosis?

No. Subjects reveal no secrets in Hypnosis that they would not reveal in the Walking State.

7. Can a person become addicted to Hypnosis, or is it habit-forming?

No. A person can resist Hypnosis anytime he so desires, regardless of how many times he has been hypnotized.

8. Can a person be made a "slave" to a hypnotist?

No. This popular myth probably came from the novel "Tolby."

9. What is the "best" age for Hypnosis?

On average, 14. Ages 12 to 20 are excellent subjects.

10. Can an insane person be hypnotized?

Many times they can be but they usually make very difficult subjects and require different techniques.

11. Who can be hypnotized?

It is generally agreed that everyone can be hypnotized to some extent. People will, however, vary as to the depth acquired and the length of time required for conditioning.

12. What are the requirements of a good Subject?

Mainly a desire to be hypnotized, an ability to concentrate, and a willingness to cooperate.

13. Is deep Hypnosis necessary?

For most purposes, no. One of the advantages of Hypnosis is that a large part of the benefits may be obtained from the lighter stages.

14. Can "poor" subjects become better subjects?

Yes. Repeated conditioning can improve the depth of relaxation.

15. What is Self-Hypnosis?

This is Hypnosis induced in a person by himself. He is trained to give himself the desired suggestions.

16. What are the benefits of Self-Hypnosis?

The simplest, but most important, is to learn to relax. You may also develop self-confidence, control habits, overcome shyness, relieve insomnia, develop hidden talents, improve memory and concentration, put order into your life and work and many more. Generally speaking, most of the benefits of Hetero-Hypnosis can be obtained through Self-Hypnosis.

17. Can anyone learn Self-Hypnosis?

Any normally intelligent person who is willing to apply himself can learn Self-Hypnosis.

18. What is Hetero-Hypnosis?

This is Hypnosis as we usually speak of it. The suggestions are given by one person (the Hypnotist) to another person (the Subject).

19. What are some of the benefits of Hypnosis?

To mention only a few of the more common uses:

- Relieve tensions
- Improve selling ability
- Improve study habits
- Develop natural abilities
- Improve concentration
- Improve memory
- Improve self-confidence
- Aid police work
- Reduce or stop smoking
- Relieve insomnia
- Stop fingernail biting
- Diet control
- Stop bed-wetting
- Childbirth
- In dentistry
- In optometry

20. What can Hypnosis cure?

Hypnosis, per se, is not a cure. It is rather to be considered a "tool" that many be used in therapy. The treatment of any problem of a medical nature must be supervised by a physician. We do not, in fact, deal with problems of a medical nature without a doctor's referral, and then only under his supervision

Now that Hypnosis has been accepted by the American Medical Association and is being brought increasingly to the attention of the general public, more and more people are beginning to seek accurate, up-to-date information on the subject. This, we believe, is as it should be.

In this brochure we have tried to give the reader some idea of the advantages of Hypnosis, to dispel a few "myths," and to answer some of the most frequently asked questions. Regardless of what inspired your interest in this timely, fascinating subject, you can arrange to learn more, either privately or in a group by contacting our office.

This brochure is prepared, printed, and distributed as a public service by

Dr. Steven M. Rosenber, Ph.D. and Associates
Elkins Park Square, Suit 206
Old York and Church Roads
Elkins Park, PA 19027
(215) 782-8414
Board Certified Medical Psychotherapist Cert.#207-86
Diplomat-American Academy of Pain Management Cert.#374