What can I expect?

A goal of Hypnotic Relaxation Therapy is increased empowerment to help you achieve what you want to accomplish.

You cannot be hypnotized against your will or be made to do anything against your will.

While HRT involves a process of “letting go” of tension and stress, the goal is increased control of self and symptoms.

You will not spontaneously begin talking or revealing information that you do not wish to provide.

You will be aware of what is going on around you and what suggestions your therapist is providing.

You will be in control of your awareness during HRT.

While HRT involves a process of “letting go” of tension and stress, the goal is increased control of self and symptoms.

What training is required?

The use of HRT is limited to health care providers who have completed training appropriate to their professional mandates. Many professionals receive and refine their training through continuing education workshops.

You may find local associations in your state which include psychologists, dentists, medical doctors or nurses, counselors, social workers, and marriage and family therapists with training in hypnotherapy. Your primary care physician may also be an excellent referral source.

A word of caution:

Be wary when using internet searches, as individuals who are unlicensed lay hypnotists may not have adequate training to diagnosis and develop competent treatment plans, or care consistent with standards.

Discuss your concerns with your physician, psychologist, nurse, or health care provider.

Professional Resources

The American Psychological Association (APA)

The American Society for Clinical Hypnosis
www.asch.net

The Society for Clinical and Experimental Hypnosis
http://www.sceh.us/

Mind-Body Medicine Research Laboratory
Baylor University
http://www.baylor.edu/psychologyneuroscience/index.php?id=76174
What is Hypnotherapy or Hypnotic Relaxation Therapy?

Hypnotherapy is sometimes referred to as Hypnotic Relaxation Therapy (or HRT) because it involves the use of relaxation, mental imagery and suggestion for a therapeutic purpose.

HRT involves learning how to use your mind and thoughts in order to manage emotional distress (e.g., anxiety, stress), unpleasant physical symptoms (e.g., pain, nausea), or to help you change certain habits or behaviors (e.g., smoking, overeating).

How will I benefit from Hypnotic Relaxation Therapy?

HRT has been demonstrated to have wide range of benefits, from simply improving symptoms or difficulties, to completely eliminating them.

Most people describe a hypnotic induction as a pleasant experience, during which they feel focused and absorbed in the hypnotic experience.

Your therapist will structure the suggestions based on your comfort and preference.

What issues tend to respond well to Hypnotic Relaxation Therapy?

- Depression
- Coping with stress
- Insomnia
- Phobias
- Sexual problems
- Self-esteem
- Menopausal symptoms
- Sleep problems
- Smoking cessation
- Weight loss/control
- Post-Traumatic Stress Disorder
- Chronic pain
- Coping with medical procedures
- Anxiety Disorder
- Burn therapy
- Cancer side effects
- Hot flashes
- Irritable Bowel Syndrome
- Headaches
- Low back pain
- Fibromyalgia
- Bruxism
- Pain management

During the first visit you will be given information on HRT, a treatment plan will be initially developed, and goals of treatment.

Will I learn self-hypnosis?

Your therapist may make tapes or recordings for you to use between sessions or as home practice. Recordings of sessions are frequently made and you will be encouraged to practice on a daily basis during treatment.

The goal of HRT is to empower the patient and that usually involves teaching how to use hypnotic relaxation methods in a way that increases personal control.

Ask your health care provider about his or her training if you have any questions.