

Use Your Mind For Change Through Professional Hypnosis

Hypnosis. The word for many brings to mind the old scary movies where “Count Badguy” put the heroine in a trance, controlled her mind and made her do some really rotten things. Or, the “Manchurian Candidate,” where “the enemy” “hypnotized” a captured soldier and turned him into a sleeper killer. Or, you’ve laughed at the expense of some volunteer from the audience when a stage hypnotist suggested he bark like a dog or cluck like chicken. That makes for fine drama or amusing entertainment, but not one of my clients has ever barked like a dog in my office. So no one can be made to do or say anything while in hypnosis that’s contrary to his moral code.

The person hypnotized is always in control. He is in deep concentration on a particular subject that is important to him and no other sounds or noises or subjects are allowed to intrude. However, for those who have been helped in some way by hypnosis or hypnotherapy, the results may seem almost magical.

As a Certified Hypnotist, I see clients for a variety of reasons. Many come to see me because they want to change or eliminate habits like smoking or gaining weight, or to overcome fears such as flying in airplanes or speaking in public. I also see clients for medical issues, but only by physician referral. Hypnosis is a tool that is useful in conjunction with, but not as a substitute for, the physician’s or psychologist’s therapy.

I would like to share some success stories with the understanding that, of course, there are also failures. As a professional, I can no more guarantee success than a physician can guarantee a cure or a lawyer can guarantee a court victory. Fortunately, there are more successes than failures. These stories are real; the names are fictitious.

A businessman, whom I’ll call Joe, was referred to me by his neurologist. He had nerve pain in his legs call neuropathy. The neurologist put Joe on a medicine designed to relieve nerve pain but some pain persisted. He then referred Joe to me. I taught Joe, in hypnosis, a process and a signal to use to help alleviate his pain, which worked well for him. A week later he was still bothered by some pain at night. I taught him how to use self-hypnosis to alleviate that pain and he demonstrated that he could achieve the procedure I taught him. His mission was accomplished and I informed the neurologist that Joe had his pain under control and sessions were ended.

For those who fear going to the doctor or dentist, let me share Harriet’s story.

During a routine dental visit for cleaning, pockets in her gums that required draining were discovered. She needed to return the next two days and be anesthetized for the procedure. I met her at her office that was near her dentist's. In hypnosis, I suggested that her hand was numb (called glove anesthesia) and went with her to the dentist's office. There I had her transfer that numbness from her hand to her jaw. The procedure went quite well and when she finished, I released the numbness and brought her out of hypnosis. Her lips, tongue, and gums were no longer numb. Everything felt normal and she had no pain. The following morning the glove anesthesia was repeated. The hygienist was surprised to find there was no inflammation and that the gums were already starting to heal. Again there was no pain or discomfort. Harriett reported that it was the easiest time she had ever experienced at the dentist's office.

I've seen clients, by physician referral, for Chronic Fatigue, Fibromyalgia Syndrome, obesity and smoking cessation, but the following story about a 17-year-old young man, I'll call Bill, is my personal justification for doing hypnosis professionally. Bill has had Irritable Bowel Syndrome (spastic colon) for a number of years. Mom and Dad brought Bill to my office with his physician's referral. He was obviously in pain. Asked to place his pain on a scale of 0 to 10 he answered, "about six," but just by looking I could tell he was more like 7 or 8. When I asked about his symptoms he sounded like a tape recording that had be played many times.

At the end of the first session, I again asked his pain level. He said, "zero". It stayed zero all week and with the alleviation of his pain all his other symptoms normalized including his ability to get restful sleep. The following week he told me it as the first week he could remember not being either late or absent from school because of pain. Bill's grades have improved dramatically since becoming pain free. His dad said that he was able to have lunch with a friend, something he hadn't done for a long time because he worried about being embarrassed by IBS symptoms. He also passed his exam to become an Eagle Scout. Bill has been symptom free fro over two months and is on his way to having a normal, happy life.

These are just a few of the myriad problems for which hypnosis is applicable and it is now becoming much more accepted as a useful adjunct to mainstream medicine.

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