

## Is Hypnosis for Me?

“Well, I’ve tried everything else...might as well give hypnosis a chance.” Or, “my wife really wants me to stop smoking; I still like smoking; maybe I can please her by going to a hypnotist and see if he can make me stop.” Or, “I’ve tried every diet in the world and they all work until I get tired of them and then I gain all my weight back and then some. Let’s see if the hypnotist can make me lose weight and keep it off.”

I’m sure every hypnotist has heard these and more. And, sure, for a lot of folks we’re the choice of last resort. But, come on, we do hypnosis not voodoo or magic. Hypnosis is accomplished by consent. Meaning all hypnosis is self-hypnosis. In spite of what you see on television or in the movies, no one can be hypnotized against their will. The most a hypnotist can do is his 50%; the client must be willing to do their 50% and, working together, they can accomplish the client’s goal. The key here is the client must really want to accomplish what they go to see a hypnotist about and must be willing to participate in their therapy because the hypnotist cannot make them do anything they don’t genuinely want to do.

That said, it’s the goal of every hypnotist to have every client succeed. After all, successful clients are going to refer friends and relatives and that insures the success of the hypnotist’s practice. So we work as hard as we can in the best ways we know to help our clients succeed. Are we successful 100% of the time?

Of course not, but our success rate must be pretty decent or clients wouldn’t return for other reasons and they do.

So, assuming you really are sincere about wanting to succeed in your goal, how can I, or any competent hypnotist, help? Let me share some success stories with the understanding, as indicated above, that nothing is 100% and there are certainly failures as well. The names used are fictitious.

Mary, a 50-something very active housewife, came to see me in order to lose weight. By her fourth session she had lost almost 20 pounds. Within about 3 months she had lost 30 pounds and had referred a number of friends to see me. Several months and a trip abroad later she has maintained that weight loss. She has seen me a couple of times for reinforcement, only because she felt like she needed it; her decision entirely. Have all of her friends done as

well. Some have, some haven't. It depended on their motivation. Those who wanted to try what she had experienced, but weren't as motivated, didn't. So, can I help you lose weight and keep it off? Yes, if you really want to.

His physician referred Tom, a 40-ish self-taught comptroller for a high profile hotel, to stop smoking. After his third session I was able to send his Dr. a note confirming that Tom had stopped smoking. Tom, thank you, has now referred several colleagues and his mother is now seeing me for weight loss. Has everyone I've seen to stop smoking actually stopped? No, of course not. Can I help you stop? Yes, if you are sincerely motivated to do so. Do I pronounce magic words and make it happen. No, you must do your 50%.

Kathy, a 40 year-old corporate international finance executive in a very high profile, high stress position came to my office with her physician's referral. She had Chronic Fatigue Sfffyndrome, looked like an actress portraying a concentration camp victim, and felt like she was about to have a nervous breakdown. She was working 14 to 18 hours a day, seven days a week, with no positive feedback from her employer or her colleagues. She had no personal life. I saw her once a week for three weeks, then once every other week for about two and one-half months. I told her our goal was for her not to need to see me. By the next to last session, she came in with a smile on her face. She was no longer allowing her work to stress her out. The shadows under her eyes that almost looked like the anti-glare athletes use had vanished. She had made arrangements to take her family on a cruise. Two weeks later we did a reinforcing session and I told her to call if she felt like she had a problem in the future.

Beverly, a 60-something lady was having spine surgery the next day and was very worried to the point where she could not calm down. I did a session in her home and the next morning, while she was on the gurney going into surgery, she tapped the tip of her nose with her forefinger and told herself she was calm and relaxed and came through the surgery beautifully and recovered quickly. Her husband came to see me a few weeks later prior to cataract surgery. He was also very apprehensive about his pending surgery. He too went into surgery, twice, tapping the tip of his nose, telling himself he's calm and relaxed as instructed and very calmly and successfully had his surgeries without fear or apprehension.

You can be taught this same technique prior to surgery or for seeing your dentist.

People have fears and apprehensions for all sorts of reasons. Public speaking and flying are very common. So is studying for tests and preparing for confirmations or Bar/Bat Mitzvahs or weddings or divorces...for the participants and the parents. Hypnosis can help alleviate those fears easily and quickly.

These cases and others like them are the reason I chose to do this work. If you feel I may be able to help you, call me. If you aren't sure, call and make an appointment for a free consultation. There are no contracts to sign. All sessions are individualized and are private and confidential. Every decision to use, or not use, my services is always the client's.

My office is located in the Frost Bank Building at Bellaire and Loop 610 suite 500. You can reach me at 713-662-8511 or on line at [mike@hypnomike.net](mailto:mike@hypnomike.net) and additional information is available at [www.hypnomike.net](http://www.hypnomike.net). Office hours are 8:30 to 5:30 weekdays and by appointment.