

Clinical Hypnosis

Ever wonder what it's all about? Keep reading to find out the facts and see if hypnosis might be for you.

Common Uses of Hypnosis

- The treatment of conditions such as anxiety, stress, and depression
- Performance enhancement (sports, public speaking, etc.)
- Weight control
- Smoking Cessation
- Healing from trauma
- Various medical conditions (G.I. disorders, asthma, pain, headaches)

Ask your counselor, nurse, or physician if it might be right for you.



Counseling, Health & Wellness

Our Mission

The mission of the Counseling, Health, & Wellness Center is to provide clinical, educational, and outreach services to William Paterson University students. The Center assists students in achieving success in their academic experience, and their personal and professional goals throughout life, by offering personal counseling and health care services. The Center enhances physical and emotional health, with a focus on education, insight, and empowerment of individuals and the William Paterson University campus community.

MORRISON HALL, ROOM 115

PHONE: 973-720-2257

FAX: 973-720-3919

WW2.WPUNJ.EDU/

HEALTHCENTERCOUNSEL-



WILLIAM PATERSON UNIVERSITY

300 POMPTON ROAD • WAYNE, NEW JERSEY 07470

WWW.WPUNJ.EDU • 1.877.WPU.EXCEL

**WILLIAM PATERSON
UNIVERSITY**



Clinical Hypnosis: An Introduction

**COUNSELING, HEALTH, AND
WELLNESS CENTER**

MORRISON HALL, ROOM 115

PHONE: 973-720-2257

FAX: 973-720-3919

WW2.WPUNJ.EDU/

HEALTHCENTERCOUNSELING

Clinical Hypnosis: An Introduction

For many people the word hypnosis conjures up images of swinging watches, mysterious gestures, or people clucking like chickens! In fact, many of the associations people have to hypnosis are based on myths.

The purpose of this brochure is to help you understand more about clinical hypnosis and how it might be helpful in your counseling or health care.

Common myths

Some of the most common myths are:

- When a person is hypnotized they are in a deep sleep.
- Hypnosis takes away self control.
- The hypnotist can make you do or say embarrassing things.
- After hypnosis, you don't remember anything that happened.

Hypnosis: The Facts

While many people report that they find hypnosis to be extremely relaxing, relaxation is not an essential part of hypnotic work. Nor is the subject "asleep" at any time.

In fact, people are often surprised to find that when using hypnosis, they remember everything that is said, as well as everything that happens.

If you choose to use hypnosis in your treatment, you will be in control at all times, and cannot be induced to do or say something that you do not otherwise want to do or say.

Perhaps the best **definition of hypnosis** is "a heightened state of focal awareness or absorption". When we use hypnosis, we are inducing what is called a *trance*—a naturally occurring phenomenon that many people experience frequently.

Common examples of everyday trances include:

- Allowing one's mind to become absorbed in thought while driving
- Feeling so engaged by a movie or conversation that the passing of time goes unnoticed
- Daydreaming and fantasizing

In clinical hypnosis, one simply learns how to enter a trance deliberately in order to work on a counseling or health care issue. In this state, the mind and body are more open and receptive. This can be a helpful tool as you pursue your treatment goals.

Can I be hypnotized?

Most people wonder about this. While some people have more natural hypnotic ability, most people can be hypnotized. Furthermore, like musical ability, hypnotic ability tends to increase with practice. The role of the hypnotist is to help you to find the best way for *you* to go into a trance.

Common Uses of Hypnosis

On its own, hypnosis is neither therapy nor health care. Rather, it is a tool that can help us accomplish other things together. Some common applications of hypnosis include:

- The treatment of conditions such as anxiety, stress, and depression
- Performance enhancement (sports, public speaking, etc.)
- Weight control
- Smoking Cessation
- Healing from trauma
- Various medical conditions (G.I. disorders, asthma, pain, headaches)

Hypnosis is not a "magic bullet", and it isn't for everyone. If you wonder if hypnosis might help you, talk to your counselor, nurse, or physician. They will be able to help you assess your own needs and goals, and make the best recommendation.

