

Hypnosis

Questions & Answers

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Can anyone be hypnotized?

Yes, anyone can be hypnotized, if they would like to be. The experience of hypnosis is similar, yet unique to each person. The most common experience of hypnosis is that of pleasant, regenerative, and peaceful relaxation. If you can fall asleep at night, with or without sleeping pills, you can experience hypnosis.

How much will you control me?

Contrary to Hollywood movies and hypnosis stage shows, while in hypnosis you are not controlled or placed in a situation of losing control. You do not lose control while in hypnosis. Your preconscious mind is *always* present, no matter how deep you go. You cannot be told or programmed to do anything against your moral, religious, or ethical beliefs. Hypnosis is not mind control. In fact, during hypnosis, you remain aware of everything said and presented to you. You remain in control.

I have a strong will, can I be hypnotized?

Surprisingly, strong-willed people experience very positive results with hypnosis. A strong will facilitates hypnosis because it enhances the mind's ability to focus upon a given objective. People that have a strong need for control find the fear of losing, or being out of control, unfounded.

What if you can't bring me out of hypnosis?

There is no danger of not coming out of hypnosis. You are *not* in a coma state. Even if the hypnotherapist left the room, you would awaken yourself or drift off to sleep. Once rested, you would awaken on your own just as though you took a relaxing nap. The brain would trigger the wake-response once the mind and body were rested.

How much do I have to relive?

You are not required to relive anything from your past. You are not required to communicate anything about your past. It is certainly possible to re-experience past events using regression therapy if you wish to do so, but this is certainly not required.

Will I say things in hypnosis I'd rather not say?

You do not sleep talk in hypnosis. Your preconscious mind remains fully present. The preconscious mind serves self-preservation and protects you at all times during the session. You are not asked to reveal personal secrets. If you were you would either not respond or awaken on your own.

Will I be asleep? Will I be unconscious?

Most people assume that if they are in hypnosis, they will be asleep or in an unconscious state. Hypnosis is not a sleep state, nor are you unconscious. In most sessions you will be in a light or medium stage of hypnosis. If you had to come out of hypnosis on your own, you could.

What if you can't hypnotize me?

People typically experience hypnosis several times each day. "Waking hypnosis" describes those experiences when your conscious mind was "elsewhere"; like driving on the freeway and not being aware of the miles as they passed by. Even though "you" were elsewhere, in deep thought or a daydream, part of you remained aware, allowing you to drive and operate your vehicle, without even thinking. Watching TV often produces waking hypnosis. Many people "watch TV" after a stressful day, not because of the content of the show, but as a way to relax, unwind, and literally "let go". The time spent "zoned out" is a form of waking hypnosis. The concern is not whether or not you can be hypnotized. Rather, the concern is what to do once you are there.

Are there any dangers?

The only danger is if hypnosis is used to eliminate or reduce physical pain which exists to get your attention on something wrong with your body. As long as you are seeing a doctor for treatment, there is no danger. In fact hypnosis was acknowledged by the American Medical Association as a valid healing tool in 1957.

How long is a session?

A session is approximately one hour long and incorporates an educational component along with general guidance, encouragement and support. Long, drawn out sessions are not necessary when using highly effective techniques.

How much does it cost?

A single, one-time session is \$90.00. Custom programs provide a per-session discounted rate. Programs start at \$150.00 and include two sessions. Flexible payment options and payment plans are available. Personal checks, Visa, MC, Discover, and AMEX are accepted.

What else should I know?

Hypnosis is subtle, yet very powerful and highly effective. Compared to other therapeutic options, the long-term success rate is extremely high (+80%). Hypnosis is a rapid intervention technique. It does not take months or years to experience positive results. The hypnotherapist serves as an experienced and knowledgeable guide whose expertise brings forth the power and creative potential of your mind. To find out more about how hypnosis can help you, you are invited to call and schedule a FREE consultation.