

HYPNOTHERAPY INFORMATION VIDEO 1

Hi, I'm Nancy Araven, I'm a licensed mental health counselor in the state of Florida - I specialize in the treatment of anxiety and trauma

I've been conducting hypnosis sessions for over 13 years - there is evidence of its effectiveness as a complement to just about any therapeutic process

In this video I'll talk about what hypnosis is, and how it can be used in healing...

When I talk about what hypnosis is, I like to start with what it ISN'T - the myths

First and foremost, Hypnosis is not MIND CONTROL. The subconscious mind is all about survival - we'll talk more about that later, but if I were to tell you something like — give me your ATM card and pin number — the subconscious mind would not allow it - and you would naturally surface out of the session

Also, Hypnosis is not TRUTH SERUM - you will not spill your deepest darkest secrets while in session. If it did work that way, there'd be a hypnotist in every police station and court room in the world.

Hypnosis is also not a MAGIC WAND - for example, you can't get hypnosis for weight loss then go eat an entire pizza and lose weight. Wish it worked like that, but it doesn't.

And finally, hypnosis is not a shortcut through therapy - I understand when a client asks to get hypnosis to "forget that a traumatic event ever happened," or "forget that they love someone who hurt them" but that's not how it works - and that's not genuine healing.

So that's an overview of what it's NOT, To explain what it is - need to first talk about a key difference between the conscious mind and subconscious mind - specifically how it applies to hypnosis and healing - that is the difference in how each LEARNS

The conscious mind - the most evolved part of our brain learns by reason and logic
If you have two apples here and two apples here... you put them together and one, two, three, four - $2 + 2 = 4$ - got it, logical and reasonable —your conscious mind has made a connection between the neurons and LEARNED

The subconscious mind learns differently, the more primal part of our brain is all about survival - it keeps our lungs breathing and hearts beating without us having to think about it.

A side note: survival is a concept that we develop throughout our experiences, so it means more than that, and the definition is specific to each person. For example, I talked before about mind control and truth serum myths... if just for example, someone were to cheat on their spouse - survival to them may mean keeping that secret - if not they may lose their family, their

way of life...all the things they consider necessary for their survival - so if during a hypnosis session they were asked about it, the response would be to keep the secret

So the subconscious mind learns by EXPERIENCES - we LEARN what is important to survive in this world. It doesn't take logic to make those neuronal connections.

Now there are two major factors in subconscious learning - TRAUMA and REPETITION

Trauma, for example... you're on a plane and all of a sudden one of the engines fail...people start screaming, you are terrified. Even though the pilot recovers and manages to land safely - your subconscious mind has learned that flying is dangerous and detrimental to our survival. In this example, even though you may learn all the statistics, and know that air travel is overall safe - that logic comes up against the part of the brain that is all about staying ALIVE - I think we can easily figure out which part of the brain will win that argument.

There's more information about trauma on my website, as well.

So the 2nd way the subconscious mind LEARNS - makes those neuronal connections- is through repetition. If you remember when you learned to drive.. You very carefully thought about each step... seatbelt, check the mirror, press the gas slowly... well after a while you didn't have to think about it as much...just get in and drive ... and now you've probably gotten to the point where if you are mind is distracted while driving, maybe thinking about an argument you had the day before... you find yourself headed to work on your day off - your subconscious mind took over the task just by repetition

This can be extremely helpful - not having to concentrate on every detail that you've practiced over and over.

Where it becomes problematic is when we 'LEARN' what I call false lessons.

For example, a child who is continually told they are stupid. By caregivers, teachers, other kids...they don't even have to hear the words, but often feels stupid or embarrassed by not knowing things. The subconscious mind has learned "I'm stupid."

Again, if we're thinking about that logic vs survival. The adult could say "I know I'm smart, I graduated college, I have a good job..." but the subconscious mind will always operate on that false lesson. A promotion may come available and the automatic response is "No I can't do that" or if asked to explain something in a meeting, the response will be an overwhelming fear of making a fool out of themselves.

So that's where it doesn't serve our best interest.

That brings up another point, reactions from subconscious mind are automatic. They happen behind the scenes and are instantaneous. Particularly in a trauma response - when the subconscious mind doesn't accept the safety of the current moment - the fear response is as though the event is happening again NOW

So when the subconscious is operating on trauma or false lessons learned - that's when healing has to bypass logic - when it serves your greater good to address issues on the subconscious level.

So how it works is - simple terms - when we are in a safe, relaxed state, the conscious mind can be focused on a task -and allow the subconscious mind to be engaged – to address the healing where the false lessons exist.

And this is the good news... NEUROPLASTICITY...those neuronal connections, those pathways that have been around for however long - they can be interrupted and rerouted - the brain can be 'rewired' so to speak - our minds are supremely capable of doing this - remember the subconscious is all about survival - if it can accept that changing thought patterns is for our greater good - it can and WILL accept change

In my next video I'll talk about how I utilize hypnosis and what a typical session looks like

HYPNOTHERAPY SESSION VIDEO 2

So in this video I'll explain how I utilize hypnosis for healing. Each hypnotherapist will have their own approach to healing. My approach, at least in the beginning is similar to guided meditation - just focused to specific goals.

Hypnosis will be introduced in treatment depending on your presenting concerns and goals. Typically for my clients with anxiety - we'll start earlier - the reason being that one of the main benefits of hypnosis is, similar to meditation, is what I call 'building the calm muscle'. We get the mind in the habit of accessing a calm state. Building a new pathway- that repetition I talked about in the last video.

The more you do it, the easier it becomes - and calm becomes a more natural state of mind

Regardless of when we add hypnosis, treatment begins with talking - I typically utilize Cognitive Behavioral Therapy that involves talking/verbalizing what's going on.

I need to learn about the false lessons, where they come from, how they've been reinforced, and how they're affecting you personally.

From there I write the Script that we'll use - I write all my own scripts - to tailor them to your specific needs and make them as effective as possible

For the actual session

I start by reminding clients there is NO WAY to fail at hypnosis, no way to do it wrong- as long as you want it to work - it will work, no matter what your experience

Then I conduct an induction into hypnotic state- relaxing the body, then visualization to relax the mind - this feels different for everyone - it can take longer in the beginning, after a few sessions, this part can become quicker.

For the most part my sessions are passive - particularly in the beginning - meaning you're pretty much just listening to a story. I don't require clients to speak or move around during sessions.

Once you are in a hypnotic state, I'll give a task to the conscious mind - keep it occupied with a visualization- then address the subconscious mind directly - this is when suggestions are presented

For example, using the false lesson discussed in the previous video about being "stupid", I would say things like: "You accept that you are intelligent"... "You release any false beliefs about your intelligence level." etc.

I'm certified in Neuro-linguistic programming, and have learned the most effective language to address your specific concerns.

When suggestions are presented, what we're doing is building new connections - new pathways.

For trauma work, I utilize hypnotherapy to disrupt the trigger response - to create new pathways away from panic or fear.

The suggestions I create will address whatever we discuss in our sessions.

Once the suggestions have been presented - the session ends with a return to conscious awareness - this can be as simple as counting up - just reorienting to the here and now

I typically record the session so the client can listen to it between sessions (I usually recommend listening at night since its so relaxing) - listening repeatedly can help to reinforce the suggestions

Once the session is over I'll ask how you feel, how it went ... If we're doing more specific work with images we may discuss that.

I will say that I have never - in 13 years - had someone come out of a session and say "oh i hated it" or "i wish i wouldn't have done that"

So that is a typical session - again each one is tailored to the specific client, but this gives you a general idea of how I conduct a hypnotherapy session.

So a few things to wrap this up

Hypnotherapy is not the same as hypnosis. I'm a licensed mental health counselor, and I use hypnosis as a therapeutic tool. Just a cautionary statement that not all hypnotists are qualified to practice hypnotherapy.

Also, if you're interested in learning more about the science behind hypnosis, there's a link on my website to a Ted Talk by Dr. Joe Dispenza that does a much better job of explaining the science than I can.

I'll close with one of my favorite facts: hypnosis is completely holistic - there are NO harmful side effects

(If you can't tell by now,, I'm a big fan)

I hope I have given you useful information on hypnosis and how it can be a powerful complement to the therapeutic process

If you have any questions that this video didn't answer, feel free to contact me - up at the top there's a toolbar, and if you click "contact me" or if you click 'more' you'll see the option in a dropdown menu.

If you ask a question that may benefit others, I may add it to this page as well.

Thank you for watching

Take care