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What Is Hypnosis?

Hypnosis is the process of reprogramming the subconscious, and has been practiced for thousands of years.

Hypnosis is an induced state of concentration in which the subconscious part of a person's mind becomes more accessible. A practitioner can put a person into a state of hypnosis, but the recipient of the treatment has to be relaxed and focused in order for the treatment to work.



The hypnotherapist's role is to act as a guide to help the patient discover the changes you may want to make in your life, as well as give suggestions that will hopefully bring about those changes.

A person cannot be hypnotized to do something you would not want to do in a conscious state. The hypnotic state is an altered state of consciousness, like a trance, meditation, or daydreaming state. When a person is in a hypnotic state, he or she is primarily functioning from the subconscious, while the conscious mind is passive.

In the case of a fear, addiction, or phobia, the hypnotist's goal is to reprogram a person's mind to replace negative thoughts that trigger negative reactions (i.e. overeating, smoking, or an anxiety spurred by thinking of a phobia) and replace that with positive thoughts and feelings.

Although some psychiatrists may use hypnosis as a technique to treat patients, a person does not need a medical degree to become a registered hypnotist.

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