

12 Myth of Hypnosis - Hypnotherapy

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Myth #1: The Hypnotist will be able to control my mind.

Fact: No one can control your mind, unless you let them. The Hypnotherapist will give suggestion that you want to be given based on initial interview processed hypnotherapy. At no point during a session will you lose control of mind. If you hear a suggestion that you don't agree with, or don't understand, don't like, your subconscious will automatically reject it.

Myth #2:

I will be made to perform embarrassing acts, such as bark like a dog, walk like a duck, act like a bull, and others.

Fact: This assumption based on Stage Hypnotism and Hollywood fiction. The truth is, these people volunteer to act on stage, and they allow themselves to participate in silly suggestions. Hypnotherapy is a serious process of self improvement, not entertainment.

Fact #3: Hypnosis comes from "Black Magic" or "Supernatural" thing.

Fact: In 18th Centuries, French Medical Association led by Benjamin Franklin had proved and expressed that there was no any special power in Hypnosis (that moment conceived of Mesmerism/ Magnetism) as done by Mesmer. It was the power of suggestion. Hypnosis is a natural state has been studied scientifically. Hypnotherapists are not Psychics or Palm Reader with "special power". Hypnotherapy is based on many years of clinical research by famous psychologists such as Dr. Sigmund Freud and Dr. Carl Jung, and more recently, by Dr. Milton Erikson and Dr. John Kappas.

Myth #4: If I become Hypnotized, I may not be able to snap out of it, or Hypnosis is Dangerous.

Fact: Hypnosis is very safe and is in fact, a state of hyper-awareness. Any time there is an emergency, a person would naturally be able to come out of the Hypnotic state by opening their eyes, and stretching or speaking.

Myth #5: I have never been Hypnotized.

Fact: Every person naturally enters a state of hypnosis at least twice everyday: just before falling asleep at night, and upon awaking every morning, before getting out of bed. Most people easily enter 'Environmental Hypnosis' while at the movies, watching TV, driving on the highway, or while reading an interesting book. In hypnotherapy, clients were hypnotized by their problem. So, the task of hypnotherapist is to de-hypnotized that situation.

Myth #6: Hypnosis is a "Miracle Cure". Only with an simple suggestion a subject can change and improve when he/she is aroused, like the one in Hypnosis Show.

Fact: While Hypnosis is a relatively quick method of making permanent improvements, there is no such thing as a one-time "Hypno-Miracle"! Every individual makes progress at his or her own rate. Even they face a similar situation with last event, they will respond differently. They are unique. Improvement is depend on the value they have.

Be weary of those who make wild claims of overnight success!!!

Myth #7: Hypnosis is a great tool to get someone to "confess".

Fact: Hypnotherapy sessions are kept private and cannot be used for court testimony. It is not

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an alternative to lie detector tests. Hypnosis cannot force anyone to "tell the truth" or to confess.

Myth #8: When Hypnotized, I will lose all sense of my surroundings, and will have no memory of the session.

Fact: Hypnosis is not an unconscious state of sleep. In fact, most people report having a heightened sense of awareness, concentration and focus, and can even hear more acutely during a session. We might as if forgot what hypnotherapist said because we intend to not listen what hypnotherapist said precisely and we just follow what has been asked by Hypnotherapist. This situation is like when we are listening a beautiful music, we are drifted to imagine certain event that make us denying the voice of music itself.

Myth #9: Self-Hypnosis is safer, better, or more effective than going to a trained professional.

Fact: Correct, but for certain case where the root of problem is clear. But for heavy problem, Self Hypnosis can be detrimental when not taught by a trained professional, as a negative attitude or belief about oneself will be reinforced regardless of suggestion given. Usually, Self-Hypnosis emerges a contradiction between suggestions and self basic value. This condition leads to the contradiction between conscious and subconscious mind. Therefore, it is difficult to find out the solution. This can cause more stress and problems in the long run. Hypnotherapist will guide clients to access their subconscious mind in order to fit out a conscious mind to subconscious mind.

Myth #10: I can't be hypnotized because my mind is too strong/ disciplined.

Fact: This is an archaic belief that has, in recent times, been proven untrue. It was thought, long ago, that only certain percentage of the population could be hypnotized. It is your decision to use Hypnosis for self-improvement, your mind has already accepted the idea of Hypnotherapy.

A professional Hypnotherapist has methods to accommodate client condition, so that client will and can participate to hypnotherapy session.

Again, it is your decision to be hypnotized or not to solve your problem.

Myth #11: Process of hypnotherapy is like in Stage as in television. Just snap, subject will fall asleep!

Fact: Wrong! Hypnosis in podium is different to therapy purpose. At Stage Hypnosis), subject is selected (usually not presented) in [screen/sail]). In stage hypnosis, Hypnotist only chooses volunteer who like to cooperate with him. While at Hypnotherapy, people who come to clinic are hardly varying, so that using Stage Hypnosis methods for hypnotherapy session may not applicable. Precautions: Stage Hypnosis style is not recommended for Hypnotherapy.

Myth #12: Our behavior can be changed by the hypnotist's will.

Fact: This is a conventional approach. In modern hypnotherapy principle, the Hypnotherapists don't inculcate a new values or belief to the client, EXCEPT they have a competence for the matter such as client parent, prominent religion, medical doctor, psychologist, etc). It uses value or belief owned by client. Hypnosis will not be effective if it is against value or belief owned by client.

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