



Hypnosis

Hypnosis Explained

Hypnosis is a normal state of consciousness, yet you are in a very focused state of mind - referred to as a trance. It can also be defined as concentrated and directed daydreaming. Whereas the word sleep is sometimes used to describe the trance state, the person is far from being asleep. A person in hypnosis is aware of his surroundings in a detached sort of way and is more receptive to acceptable suggestions.

There are many misconceptions about hypnosis - most of them stem from our own exposure to a stage hypnotism performance at some point in our life where people were asked to perform strange feats in trance - barking like a dog as one example. Many people are afraid that their mind will be "controlled" by the hypnotist, or that they will "lose control" and do things or say things they do not wish to do. Nothing is further from the truth - **a person in hypnosis does not lose control**, actually their sub-conscious mind is so focused that anything important that is said that is acceptable to the person will be acted upon. An example would be a person in hypnosis being the first person to respond to a distant or faint spoken warning of a fire in the building - the person in hypnosis will hear the message loud and clear and act on it immediately because it is both acceptable and important!

**"Feelings come from thoughts, either conscious or unconscious.
You can change your thoughts and thereby your feelings"**

Further, hypnosis is a natural state that we have all experienced. An example of this is whenever it is really important for you to get up at an unusual time and you wake up ten minutes before the alarm goes off - you are responding to a post-hypnotic suggestion. A mother who sleeps through a terribly loud thunderstorm, but awakens when her sick child cries, again, responds to a post-hypnotic suggestion. Actually, all hypnosis is self-hypnosis. **Anyone who wants to be hypnotized can be hypnotized.**

A hypnotized person will not accept any idea or suggestion that is against his or her religion, upbringing, morality, or against his or her "grain". Each patient achieves his/her own hypnotic state. The medical hypnotherapist is a guide, just as a conductor of the symphony guides the players - the conductor cannot make someone play an instrument if they cannot or will not play it!

Medical Hypnosis Recognized by AMA

In 1958 hypnosis was recognized by the American Medical Association as a legitimate and safe approach to medical and psychological problems. Today most people recognize that the mind and body interact. Our mind and body are fully integrated parts of a whole being - a change in one part affects the other.

Hypnoanalysis

Hypnoanalysis is a search of the subconscious mind through the use of hypnosis. This helps to identify the origin of the problem and redirect the emotional energy that sustains the problem toward a solution. Hypnosis opens the door to the subconscious; analysis helps you to understand the root cause of the problem. Hence the term, hypnoanalysis.

Patients are treated individually with hypnoanalysis for concerns such as migraine or tension headache, anxiety, depression, pain modification, impotence, anorgasmia, low self-esteem, irrational fears, dependency, stress, and compulsive behavior. All treatment is strictly confidential.

Not everyone requires hypnoanalysis. Hypnotherapy is used for self-improvement, visualization and mental imagery for sports, memory training, and business success. Hypnotherapy and visualization are also used as adjunctive therapy for cancer patients, or for others with chronic pain.

**There are no limits to what you can accomplish with
the power of your own mind!**

Touching Every Facet of Our Lives

As we learn more about the power of the subconscious mind, we can see just how hypnoanalysis can improve the quality of our lives both physically and emotionally. Some of the areas that can be successfully treated by Medical Hypnosis and subconscious analysis include:

- Anxiety
- Depression
- Low Self-esteem
- Smoking
- Migraine and Tension Headaches
- Phobias, such as fear of flying, agoraphobia
- Fear of public speaking

- Stress Management
- Eating Disorders
- Sleep Disorders
- Pain Modification
- Alcoholism and Drug Abuse
- Impotence and Anorgasmia
- Visualization and Mental Imagery
- Success Programs: Sales, Sports, Study

Initial Consultation

What can you expect when you begin therapy? The initial consultation is the first step. Dr. Rohde will take a complete and confidential medical, psychological, family, social, and personal history. Because these individual parts of your history are vital to treatment success, this initial evaluation often takes over an hour, and is dependant on your unique history. This careful evaluation is vital and is extended to each patient. The initial consultation also allows us to get acquainted, establish rapport, and provide necessary information to treat your specific problem. We will then discuss whether your problem can be treated with medical hypnosis and, if so, estimate how many sessions of hypnotherapy will be required to help you resolve your problem.

What Happens In Therapy?

You remain aware and in control during all hypnotic sessions. I will guide you into a state of deep relaxation and help you, where needed, to find the root cause of your problem by means of a specifically designed word association exercise, dream analysis and age regressions. As a result, we have greater access to your subconscious attitudes and feelings that shape your behavior.

Once the underlying reason of the problem has been defined, gentle suggestions are used, helping you to untie the subconscious knot and free you to live a healthier, more productive life. The old negative thought patterns are replaced using positive suggestions, which, in turn, can lead to a well, emotionally balanced, mature individual.

The 5 "R"s of Hypnoanalytic Treatment

- **Relaxation:** By learning to relax and letting go, you can better concentrate your mind allowing you to become receptive to new and helpful suggestions.
- **Realization:** By realizing that some of your difficulties stem from negative thinking and feeling, you can learn to restructure those negative attitudes and create a more positive outlook and frame of mind.

- **Repetition:** In order to implant positive suggestions in the soil of your subconscious mind, repetition is necessary. The more you repeat something, the more it becomes permanently implanted in your mind.
- **Rehabilitation:** You are able to use new information, new suggestions, and have time to rehabilitate your own thinking and incorporate it in your daily life.
- **Reinforcement:** Through hypnosis and mental concentration, you apply the positive suggestions you receive. All patients are taught self-hypnosis to further enhance their self-control.

Take control of your life! I can help you help yourself!