



If you are searching for a hypnotherapist, trying to find a reputable hypnosis school or just want more information on what hypnosis is, chances are you have some questions you want the answered regarding hypnosis and hypnotherapy. Look no further. I have put together this guide to help take the myth and mystery out of hypnosis as well as to provide answers to questions you may have with clear and concise knowledge. Consider this guide a mini encyclopedia of knowledge to demystify hypnosis and hypnotherapy so you can understand what it is and how it can be used to benefit people who wish to make changes in their lives. This guide will also explain the different levels of hypnosis and hypnotherapy certification to help you make a more informed decision when choosing a hypnotherapist or hypnosis school. I hope you find this guide enlightening. If you have any further questions about hypnosis I can be contacted directly at donaldcurrie@rogers.blackberry.net

This guide was written and produced by Donald Currie, M.Ht, C.Ht, NLP.P
You may distribute this guide as you see fit providing you do not remove anything from it and give me credit for my work. Also this e-book is free and can be found at www.donaldcurrie.com

It is not to be sold under any circumstances.

Information about hypnosis

Is hypnosis brainwashing or mind control?

If this were true, all the helpful hypnotists would ensure there would be no more world hunger, war or crime! And I would be on my private island in the Caribbean!

Also, if there was such a thing as mind control, you would see articles in the newspapers that read "Man in hypnosis empties bank account!" You have never seen this, and never will!

What is hypnosis?

Hypnosis is a state of concentrated focus in which the conscious mind becomes less rigid and the subconscious mind comes to the forefront. We enter this state when watching a movie, reading a good book or driving a car. The average person enters a hypnotic state 3-4 times per hour (we usually call this day dreaming or zoning out). It is a naturally occurring, altered state of consciousness in which the subconscious mind becomes more open and available to work directly with.

If you drive, you have most likely experienced driving without being able to recall how you got to your destination. Highway hypnosis is the most common experience of hypnosis.

Is it true that all hypnosis is self hypnosis?

Yes, it is true! All hypnosis is self-hypnosis, meaning that the client's desire to want to be hypnotized is absolutely essential.

The client must decide to follow the hypnotist's directions. If the hypnotist says close your eyes and the eyes close; it happens for the same reason if the eyes do not close; because the client is in charge and they decide what they will do.

Clients only do what they wish and they will not accept suggestions which violate their moral code.

Hypnotists must only make suggestions that are acceptable to the client; otherwise the client will immediately return to the normal fully conscious state.

So, hypnosis is very much like dancing with the client leading.

Is hypnotherapy a placebo?

No, not entirely. While placebo plays a part in hypnosis, however, research has shown its success rate far surpasses that of the placebo effect, thus showing it has benefits beyond that of the placebo effect.

Is it true that I won't remember anything that happened during my hypnosis session?

No, not at all. You remember everything that happens, providing that you choose not to remember, don't pay attention to what is being said or fall asleep.

Are there any medical conditions which would prevent someone from undergoing treatment with hypnosis?

Yes. There few conditions which would prevent someone from undergoing treatment with hypnosis. People who have epilepsy, because if someone with epilepsy has a seizure while under hypnosis, chances are the hypnotist will not have training to deal with the seizure appropriately and also little is known at this point in terms of how hypnosis affects epilepsy.

Also people who have had recent heart surgery.

And those who have been diagnosed as psychotic or with dis associative disorder (MPD) should not undergo treatment with hypnotherapy unless they are working with a licensed psychologist or psychiatrist.

Is a hypnotist born with the ability to hypnotize others or is it something that is learned?

Hypnosis is a learned skill. Anyone could learn to hypnotize someone else in about 1 hour. It takes a continuing life time of education to learn what to do with someone while they are there to help them make change in their life.

Can someone under hypnosis reveal their deepest secrets?

Only if they wanted to! Hypnosis is not a truth serum! A subject under hypnosis can lie or confabulate. This is why testimony given under hypnosis is not accepted by the judicial system.

What are the different types of hypnosis?

There are four different types of hypnosis

1. Stage for entertainment purposes
2. Medical and dental for clinical uses
3. Therapeutic for generative change
4. Forensic for law enforcement purposes

How is naturally occurring hypnosis different from working with a hypnotist?

When working with a hypnotist, hypnosis is induced through a process known as an induction. The state itself is the same as when it is naturally induced however, a good hypnotist knows the appropriate tools to use when someone is in hypnosis to help them make the changes that they desire.

How do I know if I am able to be hypnotized?

About 85-90% of the population is able to be hypnotized. First you have to have the desire to be hypnotized. If you are able to let yourself be absorbed in a good movie or daydream on a regular basis then chances are you will be able to be hypnotized quite easily. If you have a hard time turning off your conscious mind, a good, qualified hypnotherapist has tools that will help you to achieve a hypnotic state if you are ready to make changes in your life. If you have an I.Q. of above 60 and the ability to focus, then hypnosis should be quite easy for you.

What issues can be used to treat?

Hypnosis can be used as a complementary treatment for the following issues, depending on the hypnotists level of training:

- **Weight loss**
- **Smoking Cessation**
- **Pain control and management**
- **Overcoming addictions**
- **Overcoming fears and phobias**
- **Insomnia and sleeping disorders**
- **IBS (Irritable bowel syndrome)**
- **Stress and Anxiety**
- **Performance enhancement (Sports)**
- **Dealing with the symptoms of Panic Attacks/Anxiety**
- **Dealing with the symptoms of Obsessive Compulsive Behavior**
- **Surgery preparation/Healing**
- **Habitual Sadness, Anger, Guilt and Shame**
- **Motivation**
- **Study Habits**
- **Improving Self esteem, Self worth and confidence**
- **and much more**

Hypnosis can also be used for metaphysical purposes, providing someone wishes to receive hypnosis for such a reason. If you go to a hypnotherapist for smoking cessation and they were to start talking about spirit guides and auras, this would not be appropriate as not

everyone believes in these things. I heard of a client going in to someones office for weight loss and the hypnotist started talking about angel guides. The client got very upset. Angels were not part of her belief system and this is not why she went in for hypnosis. If you believe in the metaphysical side, thats great! And if you don't? Thats great too! Your beliefs are yours and that is okay! But always make sure when choosing a hypnotherapist that they follow what you desire and do not push their beliefs on you! However, if you wish to find a hypnotherapist that works with metaphysical hypnosis, make some calls and ask some questions. A lot of hypnotists are very open to the metaphysical aspects of hypnosis and it is usually easy to find a practitioner that does metaphysical work. Metaphysical sessions can involve:

- **Past life regression**
- **life between lives**
- **Removing and clear unwanted energies from your auric field**
- **Connecting to your higher self to receive guidance on a current situation**
- **Connecting to your spirit guides**
- **Discovering the akashic records, the book of your soul**
- **Connecting to your master healer to establish balance in your life**
- **Strengthening your aura to prevent negative energies from entering**
- **Increasing and attuning your intuition**
- **Connecting to the universal healing energy**
- **and much more**

Is hypnosis a regulated field?

As of writing this guide, hypnosis is not a government regulated profession in Canada. However, there are certain bodies of private regulation. The National Guild of Hypnotists, International Medical and Dental Hypnosis Association and the Ontario Association of Hypnotherapists are just a few of the private associations which enforce a high level of standards. They ensure members adhere to a code of ethics. This ensures integrity amongst those practicing hypnosis. If a hypnotist is part of one of these associations, then there is a greater chance that they are operating with your best interests at heart. I have provided links for each of these associations below.

www.ngh.net

www.oah.ca

www.imdha.com

What should a practicing hypnotherapist code of ethics entail?

Personally, I agree with the code of ethics that the Ontario Association of Hypnotherapists have put together. When choosing a hypnotherapist it would be a good idea to make sure that the code of ethics they follow is similar. I have provided the OAH, NGH and IMDHA code of ethics below as benchmarks.

Code of Ethics Ontario Association of Hypnotherapists

All members of the Ontario Association of Hypnotherapists shall maintain the integrity and competence of the Hypnosis profession by abiding by the following Code of Professional Ethics:

1. All members shall respect the rights, desires and needs of clients at all times. Members will conduct themselves in a professional manner, in a professional setting, with the clients best interest held above all other considerations.
2. All client information and therapeutic matters shall be kept in the strictest of confidence. No third party shall be allowed access to confidential client information: i) Without written permission from the client, or ii) As directed by a court with jurisdiction.
3. Members agree to respect every client regardless of race, religion, age, gender, or national ancestry, and in our professional capacity will work towards preventing and eliminating every form of discrimination.
4. Prior to entering into a professional client relationship, members shall disclose to the client the nature of the services and the cost of the services. No services shall be given without the client's informed consent.
5. All members shall provide services only within the scope of their training and certification from professionally accredited organizations recognized by the Ontario Association of Hypnotherapists.
6. All members shall refer any client to other qualified professionals when the needs of the client exceed the training of the member.
7. All members agree to conclude their professional relationship when the client has obtained maximum results.
8. All members shall at all times conduct themselves in a professional manner and shall respect the professional status of all members and other professions.
9. All members agree to treat the findings, views, and actions of colleagues with respect and use appropriate channels to express disagreements on these matters within the Ontario Association of Hypnotherapists.
10. All members agree to promote the mission, direction and goals of the Ontario Association of Hypnotherapists in a positive manner, and further agree to clearly distinguish any personal opinion from those of the Ontario Association of Hypnotherapists.
11. All members shall obey all provincial, federal and municipal laws and regulations concerning the practice of hypnosis.

It is the unified belief that all members of the Ontario Association of Hypnotherapists contribute their knowledge and skills to the betterment of humanity.

As you can see, the above code of ethics upholds the integrity of the hypnosis profession while protecting clients interest above all else. It is an excellent benchmark to use when choosing a hypnotherapist. Although, personally in regards to section 3, I would also add

sexual orientation or preference. As a hypnotherapist I welcome all people, from all walks of life, without prejudice into my clinic to help them make the changes they desire.

The National Guild of Hypnotists code of ethics is as follows:

A. Client Welfare: Members shall make the physical and mental well-being of each client a prime consideration.

B. Client Safety: Members shall not engage in verbal, physical, or sexual abuse of any client.

C. Practice Limits: Members shall use hypnosis strictly within the limits of their training and competence and in conformity to the laws of their state.

D. Advertising: Members shall be truthful in their advertising.

E. Credentials: Members shall always be honest about the nature of their titles and degrees when referring to them to the general public, the media, and within the confines of our profession.

F. Referred Practice: Members shall engage in hypnotic work with a client regarding a medical or mental disease only on written referral from an appropriately licensed medical or mental health professional, except when otherwise provided for by state law.

G. Reasonable Practice: Members shall withhold non-referred hypnotic services if a client's behavior, appearance or statements would lead a reasonable person to believe that the client should be evaluated by a licensed health care professional. Members shall provide services to such clients only after evaluation and with the approval of the licensed health care professional.

H. Colleagues: Members shall treat hypnotist colleagues without public defamation.

And the code of ethics from the International Medical and Dental Association is as follows

Preamble

This ethics code provides a common set of values upon which members build their professional and scientific work and to provide education to members and non-members alike. The code is intended to provide the general principles to cover most situations encountered by members. It has as its primary goal the welfare and protection of the individuals and groups with whom members work. Members aspire to the highest possible standards of conduct, respect and protect human and civil rights. They do not participate in, or condone unfair discriminatory practices.

Competence

Members shall strive to maintain the highest standards of competence in their work. Members shall provide only those services and use only those techniques for which they are qualified by education, training or experience. They shall maintain knowledge of relevant scientific and professional information related to hypnosis and recognize the need for continuing education.

Integrity

Members seek to promote integrity in the teaching and practice of hypnosis. In these activities members are honest, fair and respectable of others. To the extent feasible, members attempt to clarify for relevant parties the roles they are performing and to the function appropriately in accordance with those roles. Members rely on scientific or professionally derived knowledge when making professional judgments or when engaging in professional endeavors.

Consultations and Referrals

Members arrange for appropriate consultations and referrals based on the best interest of the client, with appropriate consent and subject to other relevant considerations, which include applicable laws and contractual obligations. When indicated and professionally appropriate members cooperate with other professionals in order to serve their client's best interest.

Fees and Financial Arrangements

As early as feasible in the professional relationship, the member and client reach an agreement specifying the compensation and billing arrangements. Member's fee practices are consistent with the law. Members do not misrepresent their fees.

Informed Consent

Members discuss with the client as early as feasible in the relationship appropriate issues, such as the nature and anticipated path of wellness, fees and confidentiality. Members obtain appropriate informed consent for hypnosis-related procedures. The language is reasonably understandable to all participants.

Maintaining Confidentiality

Members have a primary obligation and take reasonable precautions to respect the confidential rights of those with whom they work or consult; recognizing that confidentiality may be established by law, institutional rules, professional or scientific relationships.

Terminating the Professional Relationship

Members do not abandon clients. A practitioner may terminate a professional relationship when it becomes reasonably clear that the client: no longer needs the service; is not benefiting from the service; or is being harmed by continuing the service.

I have provided these 3 associations code of ethics in hopes of providing you a better

understanding of what to look for when choosing a hypnotist.

Can hypnosis help me to forget a painful memory or someone I don't want to think of?

Hypnosis cannot make you forget anything. Nor would you want it to. We learn from everything we experience in life. Hypnosis can help to release any pain around the memory and re frame it within the mind so we take the learning from that time while letting go of the emotion attached to it. It can also allow us to change the way we think and feel about someone and “cut the cords” so to speak. However, hypnosis cannot be used to fully erase any memory. It only allows us to change our perception of the event or person.

How effective is hypnosis?

According to clinical research from Dr. Alfred Barrios:

Effective Rate of Treatment:

- Psychoanalysis - 38% - 600 sessions
- Behavior Therapy - 72% - 22 sessions
- Hypnosis - 93% - 6 sessions

As you can see from these figures, hypnosis is both cost effective as well as time effective!

Which is more effective, self hypnosis or a hypnosis session with a hypnotherapist?

While self hypnosis is an excellent tool for change and highly effective, a hypnosis session with a trained, certified hypnotherapist will most likely yield much faster results as a hypnotherapist acts as a guide to help you change at a much more rapid rate.

Are there any risks related to hypnosis? Is hypnosis dangerous?

Risks to the client other than human error, negligence or misconduct: None.

- Hypnosis is complimentary to other forms of health care and raises the overall effective rate of treatment while reducing the recovery time and expense
- Hypnosis is non-invasive and completely safe
- Hypnosis is completely natural with no negative side effects

In fact, some regard hypnosis as so natural that they state hypnosis does not exist, because all hypnotic phenomena can be demonstrated in the normal conscious state.

Hypnosis is so safe that it is the most **risk-knowledgeable** and most **risk-avoid ant** industry in the world. The insurance industry hired a hypnotist to travel to schools in British Columbia and perform a stage show using hypnosis so the entire audience would understand, really understand, that drinking and driving don't mix. The article can be read here <http://www.oah.ca/hypnosis.php?display=whatishypnosis>

What do different types of hypnosis certification mean?

Certified Hypnotherapist/Hypnotist- This is the basic level of certification. Someone at this level has learned the basics of how to hypnotize someone and what to do with them to change habits and behaviors while they are there.

Certified Master Hypnotherapist- This advanced level of certification is taken only when a hypnotist has a firm understanding of the basic level, usually after 6 months of practicing or more. A master hypnotherapist is usually capable of more complex forms of treatments with hypnosis, such as age regression, parts therapy, hypno-analysis and affect/somatic bridge.

Those practitioners with master hypnotherapist certification are usually educated in more effective means of client intake, meaning, they are trained with tools that will enable and guide the client, usually through a series of questions, the client to find their own answers.

Certified NLP Practitioner-Science digest describes NLP as "the most powerful vehicle for change in existence." NLP is a technology that quickly helps individuals tap into their most powerful mental, emotional and physical resources. NLP provides a means for you to define and enhance the internal mental and emotional "programs" you use that make you successful (and to get rid of those that "keep you stuck".) A certified NLP Practitioner is someone who has been certified in NLP techniques. They can use them to help others make the changes they desire.

Am I ready to use hypnosis to make change in my life?

You, and only you, know when it is truly the time to make a change. There are a few questions that may help you decide if now is the time.

- Am I dissatisfied with my current situation?
- If I don't make this change, how will it affect my life in 5 years time?
- What part of this issue do I require guidance or help with?
- What do I require from myself to make this change?
- Do I require anything from others?
- Are there any reasons to avoid this change?
- Am I 100% committed to making this change?

I have done a web search in my area an hundreds of listings come up for hypnotherapists. How do I choose a good hypnotherapist?

First I would suggest searching through some of the sites and choose a few hypnotherapist's sites that resonate with you. Go by your feeling of what seems right for you. Call these hypnotherapists and get more information about them on the phone. Some have secretaries who are there to book their appointments and take incoming calls. You should be able to ask to speak with them directly if you request. There are some important questions that you should ask them to make sure they are right for you.

- **How long have they been in practice?**
- **Are they full time, Part time, or is it just a hobby?**
- **Where did they study and what certifications do they have?**
- **Are they a member of one of the major hypnosis associations?**
- **Are they trained in using hypnosis for the area of your life that you would like to work on?**
- **Have they worked with many clients in that area and what was their success rate**

like?

- **What is their fee schedule?**
- **An estimate of how many sessions will be required?**
- **Do they provide a free consultation?**

All of these questions will enable you to get a better understanding of the hypnotherapist. Make sure they take time answering these questions and that they don't rush you. A good hypnotherapist will never rush a potential client. You have the right to ask these questions and should feel comfortable doing so. There are usually testimonials on most hypnotherapist's websites that show past successes.

It is my own personal belief that a free 15-30 minute consultation should be offered to new clients. This provides an opportunity for the client to get a better understanding if the hypnotherapist is right for them. Talking on the phone is fine, but meeting in person is another. You want to make sure you feel safe working with this individual and that the chemistry is right. People rarely go to a hypnotist just one time. Usually there are a minimum of 3 sessions and upwards. You want to make sure you feel safe, comfortable and are able to talk openly with the hypnotherapist. The free consultation can give an opportunity for the potential client to talk about their issue for a while and ask any further questions they have. The hypnotherapist can provide feedback on how hypnosis can help with the issue. From time to time, it might be discovered during the consultation that hypnotherapy might not be the best choice of complementary treatment for the issue or that it is beyond the hypnotherapist's realm of training. The hypnotherapist will most likely provide some names and numbers of organizations or individuals who are trusted and trained experts in the area the client needs. A good hypnotherapist will have a network in place and would never leave someone hanging without the help they require. If after discussing the issue and it is decided that hypnosis is an appropriate form of complementary treatment, then usually the session begins at that moment unless otherwise discussed.

What is a reasonable fee for a hypnosis session?

This depends on many different factors. A hypnotherapist in a large city and one in a small town will have a big difference in pricing. Small towns average \$65-100 an hour. On average hypnotherapists in large city centers charge anywhere from \$80-150 per hour long session but it can be even higher. It is not uncommon to come across people who charge \$200+ for hour long sessions. Make sure you choose someone with a rate that you feel comfortable paying and that you know you can afford. Some hypnotherapists will provide a package of sessions, if you pay upfront. This may be a better option for someone receiving hypnosis for weight loss as it will save them money in the end. An example of a package would be purchase 5 sessions and get one free. If the session rate is \$100 then that would be \$100 saved in the long run.

What about guarantees?

Most hypnotherapists do not offer guarantees. Doctors will never guarantee a patient will heal. How can they with something that is beyond their control. I believe that someone should be 100% committed to making a change in their life and make sure they are truly ready. This

is when hypnosis works. Any money spent on hypnosis can be seen as an investment in a brighter, happier future. And when you think about it, a guarantee plants a thought in the mind that hypnosis might not work or for example that they have an easy way out if they want to start smoking again.

I hope if you choose hypnosis as a treatment to make change in your life, you choose someone that you feel comfortable with and are confident that they are the right person for you. If you have any further questions about hypnosis or hypnotherapy you can contact me at 416-464-7780 or at donalddcurrie@roger.blackberry.net