

Hypnosis



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Hypnosis is not what you probably think, because its image has been crafted by entertainers and con artists rather than by the many responsible clinicians who practice hypnosis as a routine medical and psychological procedure. Sometimes your best thinking is not good enough, or worse, and you need to take another approach. When you decide to quit smoking or lose weight but don't, for example, or when you decide to be more patient with your significant other or your kids. When you make New Year's resolutions you are demonstrating the incompetence of your own executive

functioning, as you are whenever you sincerely decide to act or feel in some way and then mysteriously don't. This is normal.

The problem in these situations is that you are talking with and to the wrong parts of your brain. In the case of your own mind and brain, the real decisions are taken down below in your inscrutable unconscious, closer to your brain stem than your eyeballs. Hypnosis is simply a way to voluntarily suspend certain elements of your higher cognitive faculty in order to address a more primitive part of yourself in metaphorical language that it can understand and believe. It is easy to invite almost anyone who trusts you to enter a hypnotic trance. The hypnotist does not do anything *to* their subject, but only makes suggestions that their clients can choose to accept or reject, even while they are entranced. In that state a subject may allow their trusted guide to speak to their unconscious mind more directly in order to persuade it of something that "*they themselves*" cannot. You should decide what you want to do with your life in the full light of explicit critical reasoning, and I would like to help. You may then find it difficult to sell some of your own answers to yourself, and I would like to help with that too. Trust me. Call me.

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