

Knowledge, Motivation, Coping Skills

Hypnosis

What is it?

Clinical hypnosis is a procedure in which a certified health professional suggests that a client experience changes in any of 5 areas:

1) Sensations 2) Mood 3) Thought 4) Memory 5) Behavior

These changes are accomplished through the use of imagination to create mental imagery. Mental imagery is very powerful, especially in a focused state of attention. Ideas or suggestions that are compatible with what the patient wants, seem to have a more powerful impact on the mind. Hypnosis may be useful for smoking cessation, because it can focus on modifying behavior and mood.

What happens?

Under hypnosis the cognitive part of the brain becomes more active. It works by directly changing the perceptions of the subconscious mind so that the need and urge to smoke are no longer a habitual behavior. Clients can be "induced" into hypnosis in many ways. Typically this is accomplished by having the client concentrate on an object or point, and then hear suggestions that they are calm, and focused. In time, the therapist can teach self-induction so that clients can perform self hypnosis.

For whom might hypnosis work best?

- * Most people (90%) are hypnotizable to some extent. Some individuals seem to have higher native hypnotic talent and capacity that may allow them to benefit more readily from hypnosis
- * If you have the ability to engage in imaginative processes (such as daydreaming) or you can sit at the computer for an hour and it seems like five minutes, you will probably be more responsive to hypnosis.
- * People who are severely depressed should not undergo hypnosis.

There are no side effects associated with hypnosis.

Hypnosis will be optimally effective for individuals who are highly motivated to stop smoking!

If you are trying to quit smoking, and would like to know more about how hypnosis might be able to work for you, please make an appointment at Health Services by calling 862-2856. Hypnosis may be only a PART of what you do to quit smoking. You may want to consider the patch, gum or other clinical approach in addition to hypnosis.