Hypnosis therapy is technically a therapeutic method that involves hypnosis. During hypnosis, a hypnotized person is more sensitive to suggestions, creative thinking, self-analysis and connecting with subconscious thoughts. Because of this, hypnosis therapy is seen as an effective way to deal with a number of issues, ranging from self-confidence to weight loss.

Hypnosis therapy, or hypnotherapy, has been around for many years and has recently been deemed a legitimate treatment for a variety of issues. Hypnotherapy is now seen as an effective means to deal with issues such as anxiety, weight loss, self-confidence, smoking cessation, relaxation and more. Hypnosis helps to make a person relaxed and open to positive affirmations and suggestions that will improve the quality of his or her life.

Traditional hypnosis therapy involves a hypnotherapist inducing hypnosis onto a subject by using a proven method of hypnotic induction. Once the subject is in a deep state of relaxation, the hypnotherapist will use direct suggestion to remove help remove the symptoms of the issue being dealt with. For example, if someone was trying to quit drinking alcohol because of an addiction, the hypnotherapist would use direct suggestion to prompt the subject to stop drinking by stating the harm that alcohol causes and the benefits that a healthier lifestyle would bring. A hypnotized person is more susceptible to suggestions about changes in lifestyle and behavior, so a hypnotherapist will repeat the suggestions several times to allow them to connect to the subconscious mind.

In addition to using hypnosis therapy to deal with an addiction or an issues such as smoking or weight loss, hypnosis therapy is also a powerful tool for dealing with trauma and pain management. Hypnosis therapy allows hypnotized people to connect to a certain part of their memory and thoughts that a wide-awake person may not be able or willing to connect to. A professional hypnotherapist will be able to guide a person back to a point in their life when a trauma or unhealthy event happened and deal with the emotional repercussions that the event has had within the person’s life. This will allow the mind to create a separation between the events and the learned behavior that has resulted from the event and replace those feelings with healthy, new thoughts and behaviors.

During a hypnosis therapy session, a hypnotherapist will guide a subject into hypnosis using a method of hypnotic induction. The hypnotherapist will guide the subject through a series of mental exercises that directly relate to the issues that the subject is having. A typical hypnosis therapy session lasts about one hour from start to finish. To see results, it is normally suggested that a person has at least 5-10 hypnosis therapy sessions with a trained hypnotherapist. After these sessions, the hypnotherapist will normally instruct the subject in how to use self-hypnosis to continue seeing results and experiencing the benefits of hypnosis therapy.

Hypnosis therapy results in a variety of different ways for different people. While some people are easily hypnotized and will begin seeing results almost immediately, others will take longer to completely trust in the hypnosis and experience positive results. The effectiveness of hypnosis therapy depends on the willingness of the subject to be hypnotized, the comfort level of the person being hypnotized, and the overall belief that the hypnosis will work.
Clinical studies have proven that hypnosis therapy can be used to aid in the resolution of a variety of issues. A professional hypnotherapist can help subjects deal with issues like stress and anxiety, pain management, fears and phobias, addiction, insomnia, weight loss, eating disorders and more. Hypnosis therapy is a popular alternative treatment method to the more traditional clinical treatment methods.