

## [Modern Hypnotherapy - common misconceptions](#)

The old Svengali-like perception of hypnotherapy often associated with mind control is rapidly being replaced by its effectiveness in dealing with a wide variety of psychological and psychosomatic (physical issues confirmed in the mind) issues.

People suffering from negative emotions, bad behaviours and other psychological issues can use the help of a skilful hypnotherapist to change their patterns and replace them with more positive ones.

Even though Hypnotherapy has advanced as a field, the common public still has some misconceptions about hypnotherapy and as a result, they avoid hypnosis in general which is not really necessary.

Some of the obvious misconceptions are: -

### 1. "I could get stuck in hypnosis"

This is the most common fear that people still have. For the record, there have been no verified and recorded instances of patients just getting "stuck" in hypnosis.

It is very uncommon for people to go into a very deep trance, to the point that they cannot follow the instructions of the therapist to open their eyes. In fact, the patients always remain in control the whole time and can, if they wish, open their eyes if they wish to do so.

### 2. "What if I am controlled by the hypnotherapist?"

This stems from the old portrayal of hypnosis such as the evil Svengali character that was able to use his innate influence to control others. The media and stage hypnosis have also helped to instill the idea that people can be controlled in hypnosis.

It is important to remember that the patient is always in control throughout the hypnosis period and can accept or reject any suggestions that might be passed on by the therapist.

### 3. "Will I be able to go in to a state of hypnosis?"

The ability to go into a state of hypnosis is a skill that can be developed over time. Some people are naturally more talented at hypnosis, just as they may be more talented at music or arts, but everybody can improve their hypnotic abilities with practice.

A skilled therapist will work individually with each client to make sure that they have the right tools and understandings to get the desired results with hypnosis.

### 4. "Will I still be conscious?"

During the state of hypnosis, a patient is totally aware of everything around them. Many patients have reported that they actually feel more aware during hypnosis because they are more relaxed and still. They can clearly hear and feel whatever is around them.

### 5. "I do not want to unwillingly disclose secrets"

This is simply not true and based on some of the fears mentioned above. As explained earlier, patients are always in control but they may feel more accepting to the positive suggestions that the therapist might tell them.

The reality is, it is just as easy to lie in hypnosis which is part of the reason that material recovered whilst a person is in hypnosis is not admissible in court.

The understanding of these basics mentioned above help people to achieve much better results with their sessions.

Hypnosis is an up and coming field and many people are finding that hypnosis, in the right hands, can help them achieve their goals quicker and more effectively than many of the conventional routes.

## About the Author

For [hypnotherapy training.uk](http://hypnotherapytraining.uk), visit the site.

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