

INTRODUCTION TO TRANCE WORK (HYPNOTISM)

Dr. Jane Bolton, PsyD, LMFT
Psychotherapy and Master Life Coaching

Here are answers to FAQ's about common worries and expectations regarding hypnotism in therapy and coaching.

COMMON WORRIES

What if hypnotism doesn't work on me?

The truth is that we all go into a hypnotic state during the course of a regular day. Examples are extreme focus while working, spacing out while driving, and daydreaming. I personally have never met someone who couldn't be hypnotized.

People who have not worked with hypnotism are often concerned that they will be at risk of doing something against their principles.

This cannot happen. You will not accept suggestions that go against your beliefs or values. Trance relaxes the boundary between the conscious and unconscious. That makes it easier to access important thoughts and feelings and helps good change work imprint more powerfully.

How might hypnosis hurt me?

It can't. It is a healing technique, allowing your subconscious mind to do the natural healing. Twenty minutes of hypnosis is equivalent to three hours of sleep. Similar to meditation, hypnosis creates a deep relaxation of the body and mind.

Could I get stuck in hypnosis?

No. Hypnosis is a natural state of mind, so if you are left on your own, you will either fall asleep or naturally come out of it in just a few minutes.

WHAT YOU CAN EXPECT

You will be in control the entire time.

You can not be hypnotized against your will, it is a state that you allow for yourself. In fact, I see trance as the ultimate of self-control. Because when you can control your mind to the point that you can master your states, and what ever issues you are working with ...now that's control! So you're the one in control. I'm just the tour guide. I can't control people's minds, but I can teach them to control their own.

Don't expect to feel "hypnotized."

Many people come to my office expecting to feel "hypnotized", and while I do work with trance, the trance state may not feel markedly different from the waking state. Sometimes people get

false expectations or ideas because they've seen stage shows or movies that make trance out to look like something other than what it actually is.

Do expect to feel relaxed.

Most people will actually describe the trance state as being in a relaxed state ranging somewhere between relaxation and profound or deep relaxation. It all depends upon the individual. So you can expect to feel relaxed. It's also important for you to know that...

All trance is about learning how to go into a trance.

Anybody can attain the deepest depths of trance once you learn how. So we will be teaching you how to utilize trance to make changes in your life.

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com