

Medical hypnosis is a comparatively new technique that is used to cure physical and mental problems. Hypnosis is known to have cured problems like depression and irritable bowel syndrome in subjects however, a lot of research has yet to be done about hypnosis. The following paragraphs will elaborate on the neuropsychological aspect of [self hypnosis](#) .

According to various researches, neurological imaging techniques provide no substantial evidence of a neurological pattern that can be found in a hypnotic state. Changes in brain activity while under hypnosis have only been found in some studies that have used highly responsive hypnotic subjects. Due to this reason it is important for the subject to be willing to get treated via hypnosis, since reluctance or hesitation will prevent the suggestions from being implemented.

The changes in the brain and neurological pattern vary depending upon the type of suggestions given to the subject under a hypnosis state. However, most of these results are unclear and inconclusive. According to the results of many researches, it can be said that suggestions genuinely create various changes in perception or experience of an individual and these suggestions are not simply a figment of the person's imagination.

It should be noted that in normal circumstances without the effects of hypnosis, the brain parts that are related to motion detection are activated not only when motion is seen but also when motion is imagined. This occurs without any changes in the person's perception or experience.

Irrespective of these results, various patients have benefited from hypnosis especially when they have problems related to stress or pain. Hypnosis is induced via hypnotic induction and after the subject is under a hypnotic trance, suggestions are imparted to cure physical and mental problems.

Hypnosis not only alters the thoughts in the conscious mind but also alters thoughts in the subconscious mind. Post hypnosis, the patient implements the suggestions offered to him without any hesitation. The time taken to implement the suggestions offered depends on the mental state of the patient and the effectiveness of the hypnosis state. This means that hypnosis will only work if the patient is ready to follow these suggestions. Hypnosis can only work if the patient is relaxed and not nervous. To make the patient feel comfortable hypnotherapists often ask patients to breathe deeply and imagine themselves in a pleasant place.

Hypnosis removes certain barriers that prevent people from getting better. For instance a smoker wants to quit smoking but cannot, but after hypnosis the smoker is able to quit smoking since the subconscious mind has accepted the suggestion of quitting smoking. Since the subconscious mind is extremely powerful, it is even possible to get rid of physical problems such as pain.

Hypnosis is a very powerful method of treatment and can help people get rid of various problems. Since the effects of hypnosis can only be noticed after a few sessions, it is important

to be patient and wait for the results. Patients who have improved significantly through hypnosis often learn how to induce self hypnosis by opting for courses. These courses can be found online and a few local hypnosis schools also teach these courses.