

Hypnotherapy can be defined as therapy through the use of hypnosis. Before one can understand what hypnotherapy is all about, they will need to understand hypnosis. Hypnosis can be defined a trance like state that is mainly characterized by heightened imagination, extreme relaxation and suggestibility. It can be further defined as an imaginative role enactment (which is according to the “non-state theory”) or can be a mental state (which is according to the ‘state theory’). Usually, it is induced by using a procedure which is known as hypnotic induction. Hypnotic induction is commonly a result of preliminary suggestions and instructions. These suggestions and instructions can be done by a hypnotist in the presence of the subject. In other cases, such suggestions and instructions can be self-administered. In such cases, hypnotism used for such therapeutic purposes is known as self-administered hypnotherapy. This is the type of hypnosis that is used by people who understand hypnosis and its related applications. However, when such hypnosis is used as a form of entertainment, an audience or otherwise, it is normally referred to as stage hypnosis. With this in mind, there has been a lot of misconception about hypnosis. Most people assume that hypnotherapy and / or all forms of hypnosis are a form of unconsciousness resembling sleep. However, contemporary research shows that hypnotic subjects are completely awake and have focused attention.

Hypnotherapy has various characteristics which a person can experience depending on the type of hypnosis that they are undergoing. In most cases, a person who is under [hypnosis](#) generally experiences a sense of tranquility. Their focus and suggestibility is also heightened during the process. During hypnotherapy, it could be said use of the placebo effect is the intention of hypnotic suggestion. To back up this theory, Irving Kirsch characterized hypnosis to be a ‘non-deceptive placebo’ in 1994. A ‘non-deceptive placebo’ can be simply defined as a method that openly employs methods and makes use of suggestion to have amplification on its effects. There are other characteristics that can be seen as a result of hypnosis and hypnotherapy. Some of the characteristics will change depending on the condition of the subject.

Hypnotherapy normally involves hypnosis that is preceded by a hypnotic induction technique. In the past, it was normally interpreted as a way of putting a subject into a hypnotic trance. Currently, there are different non-state theorists who have a different view. They view it as method of defining their role, focusing attention, heightening client expectation and so forth. In hypnotherapy, there is a wide range of techniques that can be used. The various techniques are mainly different in the method of induction. Though this is the case, one will find that the most common used technique is the ‘eye fixation’ technique. This technique was originally known as Braidism as it was developed by James Braid.

Hypnotherapy has had a lot of research and trials which have led to a lot of debate over the right methods and the most effective methods. Though this is the case, the most commonly used method in the present day is Braidism. James Braid is the only individual who has been able to come up with a proven method that can be researched and develop further. Research has made it possible for the different therapeutic effects of hypnotherapy to be discovered. It has also made it possible to understand the effects of this kind of therapy while ensuring standard safety and health conditions are met during the procedure. Hypnotherapy is a wide subject that cannot be understood easily. However, with an overview of the subject, you can be at a better position to understand any type of hypnotherapy.