

[self hypnosis](#) is a complex technique that can be used to reduce problems such as depression and pain. Hypnosis can also be used to treat various problems such as anxiety disorders, irritable bowel syndrome and stress. Hypnosis works on the principle of conditioned inhibition and the following paragraphs will elaborate on some facts about conditioned inhibition in hypnosis.

Ivan Pavlov was one of the first people to believe that hypnotic suggestion offered the best example of a conditioned reflex response in human beings. This means that the various responses to suggestions were associations learned previously that were triggered by words used in the past.

Ivan Pavlov believed that hypnosis was only a partial sleep and not a complete lack of awareness. This means that hypnosis is a generalized inhibition of cortical functioning that can be motivated to spread throughout various parts of the brain. Ivan Pavlov also noticed that the various degrees of hypnosis did not differ much physiologically from the state of consciousness and hypnosis mainly relied on these insignificant changes of environmental stimuli.

Pavlov's ideas were combined with another scientist, known as Bekhterev and became the

basis of hypnotic psychotherapy in the Soviet Union, and these theories of hypnosis later on influenced the writings of Western behaviorally-oriented hypnotherapists.

The other main principle used in hypnosis is suggestions. Instructions are imparted by the hypnotherapist initially after the patient has been put in a state of partial sleep after which suggestions are imparted and through these suggestions, various problems are treated. Post hypnosis, these suggestions are used by the patient in his daily life and he slowly implements these suggestions willingly. Suggestions are usually given by the hypnotherapist when the patient is in this hypnosis trance because in this trance, suggestions are accepted by willing patients.

For these suggestions to work, it is important for the patient to be willing to get treatment through hypnosis since even though suggestions imparted by hypnotherapists are very effective, if the patient is unwilling consciously or subconsciously then these suggestions will not be implemented when the patient is awake. Hypnosis is safe for people of all ages since there are no side effects of this medical procedure.

Hypnosis when used correctly can not only help people get rid of stress and minor problems, but hypnosis can also replace many medicines such as pain killers and anti depressant medicines. There have been various researches conducted in the field of hypnosis and most of these studied have proved that through hypnosis the sub conscious mind can be coaxed to do certain things such as quit smoking or quit gambling. Since the subconscious mind is extremely powerful, through the right suggestions, the subconscious mind can also be motivated to reduce pain, heal physical problems and replace negative thoughts with positive thoughts.

Many women who plan to give birth naturally without taking pain medicines often opt for hypnosis since hypnosis allows these women to feel lesser pain when they are giving birth. Hypnosis can also give a person a sense of well being and happiness.