

# Hypno-Hype?

Hypnosis: Does It Really Work? Hypnosis is Changing a World View...

RICHLAND – Analgesia, anesthesia, hypno-block. What? Speak English!

Hypnosis blocking cravings, pain, fear? Come on, let's get real- next you'll be telling me with hypnosis you can fly!

No, but if you want to learn to fly, hypnosis could help. Hypnosis, shrouded in the glitz and glitter of stage show fan fare, has captured the imaginations of spectators for centuries. Is there more to hypnosis than meets the eye? Is it simply another form of magic trickery offered to entertain audiences as some claim or could it be something more?

Hypnosis has been around for centuries. It has been both met with skepticism and received as a panacea for many ills. So where does the truth lie? Hypnosis was popularized by 18<sup>th</sup>-century Austrian physician Franz Anton Mesmer, who was credited with creating miraculous changes in the health of persons who came to him, but was rejected by the medical profession of his day. It was more than Mesmer's belief that energy in the form of animal magnetism transferred from one individual to another could bring about healthful changes, that created the rejection by the medical community of his day. His garish love of theatrics caused medical practitioners to shun him. Although his methodology was rejected,

something about the work he did remained, as the word mesmerized attests.

Later in 1840, Dr. James Esdaille, a physician and surgeon who worked in India performed surgeries and amputations using hypnosis as his only method of anesthesia. He reported less complications and faster recoveries where hypnosis was used.

In 1908, a young boy named David Elman noticed that his father, who was in excessive pain and dying of cancer, was able to spend time with his son in relative comfort after he saw a hypnotist. For that reason Dave Elman dedicated his life to the study of hypnosis. Later in life, Dave Elman taught doctors, nurses, anesthetists, dentists, psychologists, psychiatrists any who cared to learn hypnotic techniques to facilitate their work with patients. Although Dave Elman was no physician, he had a protocol for teaching hypnosis to physicians and medical practitioners. His techniques enabled practitioners to work more easily and readily with patients.

Mr. Elman discovered that patients under anesthesia hear what is occurring in the operating room and suggestions made there can impact recovery. He also found that even a patient's beliefs prior to surgery can impact their results and

recovery. In the early 1900's before the Mayo Clinic, the Mayo brothers followed 17,000 surgeries and noted hypnotic techniques prior to surgeries had a positive effect. Dental practitioners learned to place their patients at ease before dental procedures. Patients received benefits from reduced stress and speedy recoveries. In part, the work of Dave Elman influenced the medical community to accept hypnosis or hypnotherapy as a form of traditional medical treatment.

In 1958 the American Medical Society endorsed Hypnotherapy as a traditional medical treatment.

So is hypnosis just fanciful hype? No. Hypnosis popularized by Stage Hypnotists, who induce trance states in willing participants may cause the skeptic to raise an eyebrow in disbelief. Skeptics need to realize that Stage Hypnotists appear to bring about change, by facilitating releasing inhibitions which enable individuals to engage in antics they might normally avoid. Stage Hypnosis and Hypnosis used for change are different.

Hypnosis can be used to facilitate change in a great many areas of one's life. The popularity of hypnosis for smoking cessation and weight loss are only two areas in which one can use hypnosis to

bring about the changes you desire. Hypnosis can be used for such issues as stress reduction, improving study habits, reducing test anxiety and improving test scores, treating phobias, improving self-esteem, insomnia, fears associated with dental work, improving healing following surgery, improving sports performance, reducing or eliminating pain, pain-free childbirth and much more.

Message From the Author:

If you or someone you know is looking to bring about positive change in their life and have found it seemingly impossible until now, give me a call. I believe it is time to make your unconscious mind your strongest ally. It is time to achieve your goals. Check out my website at [www.CBTHealingArts.com](http://www.CBTHealingArts.com) Call me at 554-2256 and find out how I can assist you in achieving success now!

– Sally T. Carr, CHT

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