

LSE Counselling Service

Introduction to Self Hypnosis Workshop

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Workshop overview

- What is hypnosis
- Myths and FAQs about hypnosis
- How hypnotherapy works
- Self hypnosis demonstration
- Creating your own hypnosis script.

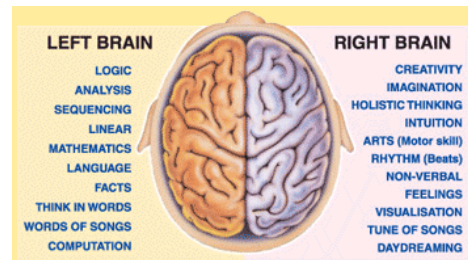
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What is hypnosis

- An induced state of altered consciousness.
- A process where dissociation occurs between the conscious (thinking) and unconscious (feeling / imaging) minds.

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Brain Hemispheres



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FAQs about hypnosis

- 'Will I lose control?' A: **No.**
- 'What if I don't come out of hypnosis?' A: **you always wake up.**
- 'Will I reveal private issues under hypnosis?' A: **No**
- 'Will I fall asleep?' A: **No, but at times it may *feel* like sleep.**

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Myths about hypnosis



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Myths about hypnosis

- **Stage hypnosis v. clinical hypnotherapy**
- **You always have free will – hypnosis does not make you against your will.**
- **Hypnosis is not sleep nor is it meditation.**


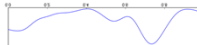
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How hypnotherapy works

- Conscious vs. unconscious
- What is "Trance"?
- Brain activity: Beta / Theta / Alpha / Gamma Brain waves
- Everyday examples of trance: boredom, reading, daydreaming, remembering, watching TV, "spacing out", fantasising etc.

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Brain activity: *trance stages*

- Beta Wide awake: 12-40 Hz 
 - Theta Relaxed, creative visualising 6-12 Hz
 - Alpha Awake and dreamy 4-7 Hz
 - Delta Deep sleep 0.5 – 4 Hz 
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How hypnotherapy works

- Hypnotic induction (*trance induction*)
- Deepening the trance
- Hypnotic suggestion given (*therapy part*)
- Ego-strengthening suggestions
- Awakening.

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Self hypnosis demonstration



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Creating your own hypnosis script

Key rules for scripts:

- Single, simple sentence
- Avoidance of describing problem
- Emphasis on what you want *more* of
- Avoidance of deadlines / strategies
- "Looking forward" / "finding it easier"
- "Pleasantly surprised as..."

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LSE Counselling Service (20 Kingsway)

- Free and confidential
- Mainly short term counselling
- Book appointments in advance
- Urgent appointments (*phone early in the day*)
- See [Website](#) for
 - Stress management handouts
 - Self help resources on a wide range of student issues (study – related and personal difficulties)
 - Relaxation MP3's

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Final Thoughts

- Any questions
- Key points from today
- Resources

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