

A reassuring and responsible guide to
transform your thinking to tackle any situation

Hypnotherapy

FOR
DUMMIES[®]



Mike Bryant

Qualified hypnotherapist and counsellor

Peter Mabbutt

Fellow of the British Society of Clinical Hypnosis

A Reference for the Rest of Us![®]



FREE eTips at
dummies.com[®]

*A reassuring and responsible guide to
transform your thinking to tackle any situation*

Hypnotherapy FOR **DUMMIES®**



Mike Bryant

Qualified hypnotherapist and counsellor

Peter Mabbutt

Fellow of the British Society of Clinical Hypnosis

A Reference for the Rest of Us!®



**FREE eTips at
dummies.com®**

***Hypnotherapy For
Dummies®***

**by Mike Bryant and
Peter Mabbutt**



A John Wiley and Sons, Ltd, Publication

Hypnotherapy For Dummies®

Published by

John Wiley & Sons, Ltd

The Atrium

Southern Gate

Chichester

West Sussex

PO19 8SQ

England

E-mail (for orders and customer service enquires): cs-books@wiley.co.uk

Visit our Home Page on www.wileyeurope.com

Copyright © 2006 John Wiley & Sons, Ltd, Chichester, West Sussex, England

Published by John Wiley & Sons, Ltd, Chichester, West Sussex

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except under the terms of the Copyright, Designs and Patents Act 1988 or under the terms of a licence issued by the Copyright Licensing Agency Ltd, 90 Tottenham Court Road, London, W1T 4LP, UK, without the permission in

writing of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Ltd, The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, England, or emailed to permreq@wiley.co.uk, or faxed to (44) 1243 770620.

Trademarks: Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: The contents of this work are intended to further general scientific research, understanding, and discussion only and are not intended and should not be relied upon as recommending or promoting a specific method, diagnosis, or treatment by physicians for any particular patient. The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation any implied warranties of fitness for a particular purpose. In view of ongoing research,

equipment modifications, changes in governmental regulations, and the constant flow of information relating to the use of medicines, equipment, and devices, the reader is urged to review and evaluate the information provided in the package insert or instructions for each medicine, equipment, or device for, among other things, any changes in the instructions or indication of usage and for added warnings and precautions. Readers should consult with a specialist where appropriate. The fact that an organisation or Website is referred to in this work as a citation and/or a potential source of further information does not mean that the author or the publisher endorses the information the organisation or Website may provide or recommendations it may make. Further, readers should be aware that Internet Websites listed in this work may have changed or disappeared between when this work was written and when it is read. No warranty may be created or extended by any promotional statements for this work. Neither the publisher nor the author shall be liable for any damages arising herefrom.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

British Library Cataloguing in Publication Data: A catalogue record for this book is available from the British Library.

ISBN-13: 978-0-470-01930-6

ISBN-10: 0-470-01930-1

Printed and bound in Great Britain by Bell and Bain Ltd,
Glasgow

10 9 8 7 6 5 4 3 2



About the Authors

Mike Bryant is an African-American who has lived in England since 1984.

Mike is a qualified psychiatric social worker, counsellor, and hypnotherapist and has also worked as an information technology and project manager.

With extensive experience in both America and the United Kingdom, Mike has established a range of innovative mental health schemes in London as well as having provided senior service development consultancy to NHS Mental Health Trusts across England, Ireland, Scotland, and Wales as a Senior Consultant with the Sainsbury Centre for Mental Health (SCMH). While at SCMH, he published a range of papers and reports on mental health issues.

Mike currently lives in London with his wife and family and has a private practice as a counsellor and as hypnotherapist. You can find more information about Mike's practice at www.londonhypno.com.

Peter Mabbutt is Director of Studies at the London College of Clinical Hypnosis (LCCH) and lectures throughout the UK and overseas to both lay students and medical practitioners. He is responsible for the development of the LCCH's core courses and with his colleagues has introduced many new techniques and subjects to the curriculum, ensuring that it continues to meet the needs of the modern-day hypnotherapist.

With a background in psychopharmacology Peter co-authored a range of papers on tranquilisers, anxiety, and learning and memory before training with the LCCH to become a hypnotherapist. Peter has a specialist interest in the mind-body connection, weight control, the treatment of trauma, and hypertension.

Authors' Acknowledgements

From Mike Bryant: I would like to dedicate this book to my family: My lovely wife Toni, and my gorgeous daughters Jodie and Jessie. Jodie, sorry I couldn't use your working title of *Daddy's Wicked Hypnotherapy Book*. Maybe next time.

A big thanks goes to my parents, and my brother and sister from Indianapolis. Howdy.

Michael Joseph: Thank you for creating some of the best hypnotherapy training in Europe - the London College of Clinical Hypnosis. A big appreciation to my teachers and colleagues there at the LCCH.

I would also like to express my deep appreciation to all of the people who have come to me for hypnotherapy. They have also been my teachers and I owe them a great deal in my development as a clinician, trainer, and author.

Peter: Thanks much for taking on this book with me. Running an international training college (LCCH), I know that wasn't easy! Thank you for providing your expertise and humour to this book. Thanks for also getting me hooked on the BBC's "Dr. Who" - it is indeed fab. But moreover, thanks for being my teacher, supervisor, and friend.

From Peter Mabbutt: This book is dedicated to my parents, Christine and Charles. Though sadly no longer with us, they always encouraged my dreams. Hey mum and dad, I realised another one! To my sister Nadine and her family, ¡Hola! And to the rest of my family a big thank you and hello too.

Thank you Michael Joseph, Principal of the London College of Clinical Hypnosis (LCCH), for guiding me along a path that consistently proves to be exciting and fun and for the many groan-worthy jokes that punctuate the day when you are in the office. On top of this I would also like to say a very special thank you to all my colleagues at the LCCH for their support in all things hypnosis and beyond. We make a great team! To all my hypnotherapy students past, present and future; you may think I'm teaching you, but there is a lot that you teach me. Tom Connelly of the British Society of Clinical Hypnosis, many thanks for searching out those niggling snippets of information for Mike and I.

There can be no replacement for good teaching and good teachers (thanks again LCCH) but the icing on the cake comes when you are out in the field, and with this in mind I extend another set of thanks to all my patients from whom I have learned and continue to learn so much about the wonderful world of humanity.

Mike, a big thanks for bringing me on board this project. It was great fun and you are a joy to work with. Here's to the next one!

To all my friends out there who have been patient with my absence whilst writing this book: I'm free again and the drinks are on you!

To my 'other' family: Sandra, Gerald, and Andrea Winston, thank you for welcoming me in and letting me share in the laughter.

And Elijah (kiddo!) and Dalya (princess!) Winston: Howzit dolls? The laughter you bring is all the therapy I need.

And finally the biggest thank you of all to my partner Steven Winston for your love, enthusiasm, encouragement, support, humour, nags, and glasses of wine. The boy done good!

Publisher's Acknowledgements

We're proud of this book; please send us your comments through our Dummies online registration form located at www.dummies.com/register/.

Some of the people who helped bring this book to market include the following:

Acquisitions, Editorial, and Media Development

Project Editor: Rachael Chilvers

Content Editor: Steve Edwards

Commissioning Editor: Samantha Clapp

Development Editor: Kathleen Dobie

Copy Editor: Martin Key

Technical Editor: Elyse Kassis

Executive Editor: Jason Dunne

Executive Project Editor: Martin Tribe

Special Help: Jennifer Bingham

Cover Photo: © Corbis

Cartoons: Rich Tennant, www.the5thwave.com

Composition

Project Coordinator: Jennifer Theriot

Layout and Graphics: Claudia Bell, Stephanie D. Jumper, Barry Offringa, Heather Ryan

Proofreaders: Laura Albert, Lesley Green, Brian H. Walls

Indexer: Techbooks

Publishing and Editorial for Consumer Dummies

Diane Graves Steele, Vice President and Publisher,
Consumer Dummies

Joyce Pepple, Acquisitions Director, Consumer
Dummies

Kristin A. Cocks, Product Development Director,
Consumer Dummies

Michael Spring, Vice President and Publisher, Travel

Kelly Regan, Editorial Director, Travel

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher,
Dummies Technology/General User

Composition Services

Gerry Fahey, Vice President of Production Services

Debbie Stailey, Director of Composition Services

Contents

Title

Introduction

About This Book

Conventions Used in This Book

Foolish Assumptions

Why You Need This Book

How This Book Is Organised

Icons Used in This Book

Where to Go from Here

Part I : Understanding Hypnotherapy

Chapter 1: Examining Hypnotherapy

Getting to Grips with the Basics of Hypnotherapy

Getting Past that Old-Style Hypnosis

Finding Help with Hypnosis

Understanding the Therapy Part of Hypnotherapy

Chapter 2: Techniques: The Tools of a Hypnotherapist

Choosing a Tool from the Hypnotherapist's Toolbox

Giving It to You Straight and Not So Straight: Direct and Indirect Suggestions

Safely Splitting Your Mind with Dissociation

Adding the Sum of Your Parts: Parts Therapy

Travelling in Time

Scanning a Variety of Other Common Techniques

[Chapter 3: Preparing for Hypnotherapy](#)

[Keeping Your Individuality in Mind](#)

[Identifying Your Problem](#)

[Communicating Your Problem](#)

[Setting SMART Goals and Checking Your Motivation](#)

[Negotiating Your Goals with Your Hypnotherapist](#)

[Part II : Considering How Hypnotherapy Can Help](#)

[Chapter 4: Making the Mind-Body Connection](#)

[Understanding the Mind-Body Connection](#)

[Considering How Your Emotions Affect You](#)

[Integrating Hypnosis into the Mind-Body Connection](#)

[Chapter 5: Breaking Away from Old Habits](#)

[Examining Habits and How to Change Them](#)

[Quitting Smoking](#)

[Managing Your Weight](#)

[Getting a Good Night's Sleep](#)

[Controlling Your Words: Stammering](#)

[Reaching a Nail-Biting Conclusion](#)

[Chapter 6: Touching on Body Matters](#)

[Letting Go of Pain](#)

[Helping Your Skin Look Good](#)

[Relieving the Pressure of Hypertension](#)

[Taking a Pregnant Pause for Childbirth](#)

[Improving Irritable Bowel Syndrome](#)

[Loving the Dentist!](#)

[Dealing with Problems with a Psychological Basis](#)

[Chapter 7: Feeling Good](#)

[Conquering Performance Anxiety](#)

[Taking the Confidence Trick](#)

[Sorting Out Your Anxieties](#)

[Beating the Blues](#)

[Stress Busting!](#)

[Accessing Your Creativity](#)

[Touching on Sexual Problems](#)

[Chapter 8: Considering the Limits of Hypnotherapy](#)

[Realising That Hypnotherapy Helps, It Doesn't Cure](#)

[Accepting Hypnotherapy's Limitations](#)

[Letting Go May Be Harder Than You Think](#)

[Examining Your Hypnotherapist's Ethical Responsibilities](#)

[Looking at Your Hypnotherapist's Legal Responsibilities](#)

[Part III : Expanding the Reach of Hypnotherapy](#)

[Chapter 9: Your Kids and Hypnotherapy](#)

[Considering Ethical Issues](#)

[Noting the Differences in Hypnotising Children](#)

[Helping Your Child with Therapy](#)

[Understanding Some Common Childhood Issues](#)

[Chapter 10: Visiting Your Former Selves](#)

[Examining Past-Life Regression](#)

[Journeying to Your Past Life](#)

[What to Expect during Your PLR Session](#)

[Chapter 11: Removing Your Phobias](#)

[Rationalising the Irrational: Defining Phobias](#)

[Examining the Various Types of Phobia](#)

[Removing Your Phobia through Hypnotherapy](#)

[Confronting Your Phobia: A Contract for Action](#)

[Part IV : The Practical Stuff](#)

[Chapter 12: Finding a Hypnotherapist](#)

[Looking Out for a Hero](#)

[Looking Into Your Hero](#)

[Selecting Your Therapist](#)

[Chapter 13: Your First Hypnotherapy Session Step by Step](#)

[Entering the Office](#)

[Starting Your Hypnotherapy Session](#)

[Supplying a Case History](#)

[Going Into a Trance](#)

[Experiencing the Actual Therapy](#)

[Strengthening Your Ego](#)

[Waking Up](#)

[Doing Your Homework](#)

[Chapter 14: Practising Self-Hypnosis](#)

[Connecting to Your Unconscious](#)

[Setting Your Goal](#)

[Hypnotising Yourself](#)

[Examining the Pros and Cons of Self-Hypnosis](#)

[Developing Your Own Scripts](#)

[Ongoing Self-Hypnosis](#)

[Chapter 15: Meeting the Family: Some Cousins of Hypnotherapy](#)

[Looking at Reasons to Use Something Other Than Hypnotherapy](#)

[Gazing at Eye Movement Desensitisation and Reprocessing \(EMDR\)](#)

[Tuning into Thought Field Therapy \(TFT\)](#)

[Feeling Out the Emotional Freedom Technique \(EFT\)](#)

[Talking about Neuro-linguistic Programming \(NLP\)](#)

[Part V : The Part of Tens](#)

[Chapter 16: Ten Common Misconceptions about Hypnotherapy](#)

[Hypnosis Is Magical and Mystical](#)

[You're Under the Power of the Hypnotherapist](#)

[Hypnosis Is Dangerous](#)

[Hypnosis Makes You Cluck like a Chicken and Lose Control](#)

[You Have to Keep Your Eyes Closed and Stay Completely Still](#)

[Hypnosis Is Therapy](#)

[You May Not Wake Up from Trance](#)

[You Go to Sleep during a Hypnosis Session](#)

[Some People Can't Be Hypnotised - Even if They Want to Be](#)

[You Don't Need a Hypnotist - You Can Hypnotise Yourself](#)

[Chapter 17: Ten Pioneers of Hypnosis](#)

[Franz Mesmer \(1734-1815\)](#)

[James Braid \(1796-1860\)](#)

[Hippolyte Bernheim \(1837-1919\)](#)

[James Esdaile \(1808-59\)](#)

[Jean-Martin Charcot \(1825-93\)](#)

[Pierre Janet \(1859-1947\)](#)

[Sigmund Freud \(1856-1939\)](#)

[Clark L. Hull \(1884-1952\)](#)

[Milton Erickson \(1901-80\)](#)

[Ernest Rossi \(1933-present\)](#)

[Chapter 18: Ten Qualities to Look For in a Hypnotherapist](#)

[Confidentiality](#)

[Honesty](#)

[Well-Trained](#)

[Empathy](#)

[Ethics](#)

[Experience](#)

[Tidiness](#)

[Punctuality](#)

[Non-Judgemental](#)

[Active Listening](#)

[Chapter 19: Ten Tips for Choosing a Hypnotherapy Training Programme](#)

[Making Sure the Institution Is Accredited](#)

[Training for Clinical Hypnosis, NOT Stage Hypnosis!](#)

[Looking at Length of Training](#)

[Going through the Interview Procedure](#)

[Sitting Still for Classroom-Based Training](#)

[Checking the Experience, Background, and Variety of Lecturers](#)

[Getting Help from Tutorials](#)

[Talking to Previous and Current Students](#)

[Offering Continuing Professional Development](#)

[Supporting You After Training](#)

[Appendix: Resources](#)

[Hypnotherapy Organisations](#)

[Training Institutions](#)

[Useful Books](#)

[Code of Ethics](#)

[: Further Reading](#)

Introduction

Hypnosis is a subject everyone has an opinion about, but few people have ever directly experienced. Hypnotherapy, on the other hand, is a topic that leaves many people baffled or completely blank. So what exactly *is* the difference between hypnosis and hypnotherapy? That's one of questions this book answers.

An important point to understand is that hypnosis and hypnotherapy are not the same thing. Hypnosis has been around since humans began to speak and involves going into a trance. Hypnotherapy uses the hypnotic trance to help you achieve a goal, or create a positive change in your thinking, to help solve a problem. Whereas hypnosis is centuries old, hypnotherapy, like other talking therapies, is a relatively recent practice.

This book helps you understand how hypnosis works. It also discusses the various problems and symptoms hypnotherapy can effectively treat, and shows you how you can put hypnotherapy to use for you.

About This Book

Hypnotherapy For Dummies helps you understand hypnosis on both a theoretical and a practical basis. Both are useful depending on your interests. You can, for

example, use this book simply to find out about hypnosis. You may stop at this level and just be clearer about how hypnotherapists work with their clients.

Or, you may be interested in finding a hypnotherapist to work on problems, or to help you succeed in achieving your goals. If you don't know what sort of things a hypnotherapist can help with, you will be an expert after you read this book!

Hypnotherapy can help people to overcome a surprisingly wide range of habits, emotional problems, and phobias. It can also dramatically improve performance for students taking exams, athletes wanting to improve their game, and creative artists wishing to deepen their abilities.

In many ways hypnotherapy is like counselling, but it is a different approach and much more rapid in producing changes. Hypnotherapists frequently remove phobias within four to six sessions. There is also a body of evidence demonstrating that hypnotherapy is the most effective way to help people stop smoking.

Most people only know about hypnosis from stage hypnotists and movies, which often portray a negative image. This book explores the different ways in which hypnotherapy helps people overcome their problems and achieve their goals.

Conventions Used in This Book

To help you navigate through this book, we set up a few conventions:

- ✓ *Italics* are used for emphasis and to highlight new words, or define terms.
- ✓ **Boldfaced** text indicates the key concept in a list.
- ✓ Monofont is used for Web and e-mail addresses.

Sometimes we (the authors, Mike and Peter) use the pronoun 'we' to signify both of us or 'I' followed by '(Mike)' or '(Peter)', depending who the author writing that particular paragraph is.

Also, when speaking generally we use the female pronoun 'she' in even-numbered chapters and the male 'he' in odd-numbered chapters, just to be fair to both genders!

Foolish Assumptions

We assume you picked up *Hypnotherapy For Dummies* for one of the following reasons:

- ✓ **You have a general interest in self-improvement techniques.** You're looking for ways to become more the sort of person you'd like to be.

✔ **You want to break a habit.** You know that hypnotherapy has a good track record with helping people overcome phobias, smoking, eating problems, and other unwanted habits and you have a habit you want to lose.

✔ **You're curious about various techniques such as psychotherapy, Neuro-linguistic Programming, counselling, and hypnotherapy.** You think that it may all just be psychobabble and want to know what really helps.

This book tells you about the therapies most closely related to hypnotherapy, how they differ and what they have in common.

✔ **You want tips on choosing the right hypnotherapist.** Chapter 12 is devoted to helping you find a qualified hypnotherapist.

✔ **You're interested in becoming a hypnotherapist.** This book is the equivalent of an introductory course in hypnotherapy so after reading it, you may be interested in learning first-hand. If that's the case, Chapter 19 shares tips on training as a hypnotherapist.

✔ **You're just browsing.** 'Oh, is this a book about hypnosis? I thought this was *Cleaning and Stain Removal For Dummies!*' Sorry, wrong book.

Why You Need This Book

As the authors of this book we, Mike and Peter, are both practising hypnotherapists. *Hypnotherapy For Dummies*

emphasises the importance of working with a hypnotherapist to achieve your goals. Developing a working relationship with your hypnotherapist is the key to achieving a positive outcome. We think that this is a significant difference to many introductory books on hypnotherapy. Many of those currently available fall into two main types:

✓ **Specific interest books** aimed at anyone interested in solving a particular problem. These books focus on a single issue, such as the application of hypnosis to achieve weight control, decrease anxiety, develop confidence, or to stop smoking, and so on.

✓ **Scripts books** aimed at teaching a DIY (do-it-yourself) approach to hypnosis. *Scripts* are the phrases hypnotherapists use to conduct therapy, once someone is in trance. These types of books offer techniques you can use to hypnotise yourself or others.

In our opinion, this DIY approach cannot approach the level of trance or range of techniques that a good hypnotherapist can provide. We have seen many clients in our practice who have had nil, or negative results, from amateur hypnosis learned from books alone. A qualified hypnotherapist has a variety of techniques to choose from, and selects the technique uniquely suited to relieving your symptom efficiently and effectively.

We think you need this book, because unlike specific interest books, this book takes a broad overview of the theory and practice of hypnotherapy, examining a wide

range of the most common hypnotherapy treatments and looking at these in detail.

And unlike script books, our approach recommends self-hypnosis *after* you've experienced a few sessions with a qualified hypnotherapist. Postponing self-hypnosis lets you understand the depth of trance properly before you try it on yourself. A good hypnotherapist can address your specific needs more directly than a generic script gained from a book or an audiotape. Afterwards, you can approach self-hypnosis with the experience of deep trance.

In short, you need this book to ensure that your hypnotherapy experience is profoundly successful and positive!

How This Book Is Organised

The great thing about *For Dummies* books is that you don't have to read them all the way through. You can simply turn to the bit you're interested in and start at any point within a chapter, within a section, or even just go directly to a paragraph that interests you.

We divided the book into five parts, with each broken into chapters. The Table of Contents and the Index help you pinpoint information within the outline explained in the next sections.

Part I: Understanding Hypnotherapy

This section defines the terms used in hypnotherapy and what hypnosis can do for you. Here we also explain what hypnotic trance is and what it feels like.

We also describe the techniques a hypnotherapist has to choose from and exactly what you can expect to happen in a typical session. This knowledge lets you know how to set clear and realistic goals for your own hypnotherapy.

We provide practical and useful information to help you make hypnotherapy work best for you.