

Understanding the difference between hypnosis performed at a graduation party and hypnosis provided in a clinical office setting is essential.

Stage hypnosis uses a fast induction method and is a form of entertainment for an audience. It directs willing participants to engage in something fun and silly and oftentimes includes stunts by eager volunteers to be on stage as a way of having a good time. Unfortunately many people who are not familiar with clinical hypnosis, overlook the potential benefits, because of having seen someone who is perhaps slightly under the influence of alcohol, get a laugh. The stage hypnotist is an expert on trance and showmanship.

Clinical hypnosis is collaboration between the therapist and the client. It has been highly researched and is a successful form of treating a vast array of physical, emotional, psychological, and spiritual problems. Scott Lewis' book [*The Hypnosis Treatment Option*](#) gives an overview of the vast variety of issues hypnosis is shown to be an effective treatment for. Hypnosis is a compassionate and therapeutic process that takes place in a safe and comfortable clinical office setting. Since no two people are the same, neither are their issues. Therefore each session is specifically designed and customized for the individual client.

All hypnosis is self-hypnosis. Every research article or book or web site about clinical hypnosis agrees. The hypnotist simply facilitates and directs the client to use the power of their own mind to accomplish their goal. The key to success is the client's ability to *focus*, and the level of *desire* to solve real life problems with an all-natural approach.

The one thing that stage hypnosis and clinical hypnosis have in common is the fact that both the audience members and the clinical hypnosis client *agree and allow themselves to be hypnotized*. Both are using the power of the subconscious mind. One is for entertainment and the other is for health and wellness.

Often times people will hire a personal trainer to help them improve their body and clinical hypnosis is hiring a personal trainer for the mind. Since hypnosis is a natural state that all people go through during various parts of their day, it is extremely beneficial to practice hypnosis in-between sessions, using an audio CD that "anchors" your chosen empowering thoughts in the subconscious mind.

From The American society of Clinical Hypnosis

Myths About Hypnosis

People often fear that being hypnotized will make them lose control, surrender their will, and result in their being dominated, but a hypnotic state is not the same thing as gullibility or weakness. Many people base their assumptions about hypnotism on stage acts but fail to take into account that stage hypnotists screen their volunteers to select those who are cooperative, with possible exhibitionist tendencies, as well as responsive to hypnosis. Stage acts help create a myth about hypnosis which discourages people from seeking legitimate hypnotherapy.

Another myth about hypnosis is that people lose consciousness and have amnesia. A small percentage of subjects, who go into very deep levels of trance will fit this stereotype and have spontaneous amnesia. The majority of people remember everything that occurs in hypnosis. This is beneficial, because the most of what we want to accomplish in hypnosis may be done in a medium depth trance, where people tend to remember everything.

In hypnosis, the patient is not under the control of the hypnotist. Hypnosis is not something imposed on people, but something they do for themselves. A hypnotist simply serves as a facilitator to guide them.