

How Does Hypnotherapy Work in Your Day-to-day Life?

And How Can a Controlled Session Help You to Master Yourself?

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Let us assume that the majority of the human mind is made up of about 90% subconscious memory, stored information, and human drives; drives help us to survive. Such as the drives to eat, sleep, be sexual, to use the bathroom, and to succeed in life. Let us also assume that the other 10% is the human conscious mind. The conscious mind being more of the every day decision making and learning how to navigate all relationships, how to operate the body, and how to use tools. This assumption is a core belief behind the success of hypnosis for deep-seated emotional problems, false beliefs, past trauma and bad habits.

Imagine the human brain operating much like a modern computer. There are so many similarities. The Subconscious operates much like a computer “hard drive” where all the memory and programming is stored. The conscious mind acts much like the keypad, and the tools on a computer desktop.

Dreams have a very important function for the human mind, and in tandem with stored memory, the function of dreaming acts much like saving and deleting e-mail on your computer. There are three basic types of dreams. The most common is the “venting dream.” Every time you sleep deeply your brain processes excess information from your most recent activities. It then decides what to keep and what to delete, but this is an uncontrolled and more automatic process. For example, “taking out the garbage and driving in traffic” would be considered useless information to be deleted. You really do not need to store that information. However, remembering the complex answer to a question you have been reviewing for a state board-licensing exam is crucial information. The brain records information very deeply before processing it through sleep. So journaling only with positive words, and reviewing test notes before sleeping is a better option, than watching violence on TV or reading about world disasters in the paper.

The second most common dream is the “wishful dream.” Wishful dreaming is very important because it helps people to strive for things that will make them happy. True happiness is a personal journey but is very much attainable. Anyone can fulfill their wildest dreams to a large degree, by setting realistic goals and by taking small steps every day to achieving those goals. A wishful dream exercises our ability to “dream big” for the things we really want in our precious lifetime.

The third dream is less common and quite mysterious. It is the “pre-cognitive” or predictive dream. The dream that appears like a movie of an event that has not yet occurred. When that event does occur it is a sobering, and an awe-inspiring experience for those of us who have experienced pre-cognitive dreams. I believe that everyone is able to have precognitive dreams. The more “mind clutter” is removed the clearer both the conscious and pre-dominant subconscious become. Allowing for realms of the human mind’s ability to unfurl and realize even greater human mind power.

A controlled hypnosis session can access the hidden powers of the deep subconscious mind through deep relaxation techniques that mimic light REM “dream sleep.”

An electroencephalogram (EEG) measures brain waves in frequencies also known as cycles per second or hertz. The human brain produces electrical activity that can be measured as brain waves on an EEG. The everyday active mind is generally operating in “high functioning” Beta brain wave activity. When we daydream, feel relaxed and actively creative, or close our eyes for more than a few minutes, we enter into the lighter, less controlled brain wave state called Alpha or “light hypnosis.” Thereafter we drift into a “feel good” realm of REM or conscious dreaming called Theta, or a “zone” of deep hypnosis: The eyes roll back,

the breath gets deeper and slower, the body relaxes and drops down into itself. If we go even deeper. Then we are unconscious and in deep restful reparative sleep called Delta.

Brain Waves	States of Consciousness	Frequency
Beta brain waves	Waking conscious state, alert	14-30 Hz
Alpha brain waves	Daydreaming, creative, relaxed, closed-eyed	8-13 Hz
Theta brain waves	Dreaming, hypnotic, meditative, subconscious, athletic "in the zone"	4- 7 Hz
Delta brain waves	Unconscious, asleep, deep sleep	0.5- 6 Hz

A well-trained hypnotherapist with high ethical standards (such as myself) can facilitate a controlled hypnosis session very effectively. So much so, that as the "hidden vault" of the subconscious mind begins to deeply relax through guided meditation, and deep relaxation techniques. I can then guide a person to deeply release old and unnecessary information in a very controlled manner. It is then replaced with purposeful goals that the client has chosen and discussed with me beforehand. Upon awakening you may feel more relaxed, confident, and secure. Subconsciously you will be working towards your new replaced goals, almost immediately.

My clients confirm my success rate. They often tell me how quickly their lives have changed for the better after the first session. The process is awe-inspiring because it works so quickly. The clients get a lot of credit for coming in and for doing the work with me. I cannot do the work for them. Each client who truly wants that positive outcome achieves it. The ones who are resistant or skeptical often seem to continue to struggle with many different areas of their lives. However, the clients who truly know what they want to get out of the session, and who trust me, get it very quickly, often after only 1 or 2 sessions.

Clients who choose to return for follow up sessions, often return with different "blocks" they wish to clear out and replace with different goals. It is literally like cleaning out old SPAM mail, or deleting bad e-mails. Instead, the new suggestions are like sending the subconscious beautiful messages loaded with great information that can be accessed for a better life thereafter. Clients have reported the results to be immediate and that their lives continue to improve.

I have been a practicing mental health counselor for 14 years. My focus has narrowed over time, to generally raising human self-esteem in very short periods of time. This includes my area of specialty, as a Trauma Intervention Specialist. Trauma is a common human experience and there is no reason why people should become paralyzed by their past traumatic experiences. My work focuses on getting people to overcome their biggest personal challenges quickly, so as to achieve greater personal success.

There are numerous studies that help to support the effectiveness of hypnosis as a form of successful personal intervention therapy. Included are some examples of how well hypnosis works for many people compared to other forms of more traditional psychotherapy and behavior therapy. It should be noted that I do not recommend hypnosis for anyone suffering from any form of a chemical brain imbalance including schizophrenia, psychotic disorders, disorders that include hallucinations, or severe attention deficit or hyperactivity disorders. Hypnosis is also not recommended for children under the age of 10. Their young brains have not yet developed to the point of being able to differentiate between fantasy and reality, and cause and effect. Maintaining ethical standards is very important to me.

In a research study on self-hypnosis for relapse prevention training with chronic drug/alcohol users, participants were 261 veterans admitted to Substance Abuse Residential Rehabilitation Treatment Programs

(SARRTPs). At a seven-week follow-up, individuals who used repeated self-hypnosis “at least 3 to 5 times a week,” reported the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.*

Numerous scientific studies have shown that hypnosis is an effective treatment for many kinds of issues. For example, a survey of psychotherapy literature by noted psychologist Alfred A. Barrios, P.h.D. revealed the following recovery rates:

Psychoanalysis: 38% recovery after 600 sessions

Behavioral Therapy: 72% recovery after 22 sessions

Hypnotherapy: 93% recovery after 6 sessions**

During the week, I continue to work with high-risk inner city students, Kindergarten through 5th grade, throughout L.A. public schools. I use only art therapy with these children under the age of ten. This early intervention therapy is cost efficient for the U.S. criminal justice system, as well as life saving for vulnerable children. My private practice with adults is on the weekends and I sometimes travel to do guest lectures. Please contact me well in advance to schedule a controlled session, that will be priceless and well worth the cost. For general questions, please e-mail me at aura@aurawalkerhypnotherapy.com or feel free to leave me a message at (310) 382-6313.

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