

# THE HYPNOSIS EXAMINER

*Health & Wellness, Unlimited*

*"Establishing Clarity, Harmony and Balance in Your Life"*

Volume 2 - Number 2

A Quarterly Newsletter

April 2013

## FEATURE ARTICLE

### WHY DO PEOPLE FEAR HYPNOSIS?



John Barrymore starring in the 1931 film, "Svengali."

Hypnosis has been around since the 18th Century with Franz Anton Mesmer (see *Premiere edition of The Hypnosis Examiner, "Origins of Hypnosis," Vol. 1, No. 1, dated January 1012*) and has been very useful and beneficial in helping people resolve concerns of their health, wellness and achieving personal goals in life.

So, why is there still so much fear, doubt and hesitation about using hypnosis? Well, one of the main reasons is that a very powerful myth began evolving when a very popular novel, "Trilby" by George Du Maurier was published back in 1894. A few years later, in 1931, "Svengali" a drama/horror film starring John Barrymore, Marian Marsh and Bramwell Fletcher, directed by Archie Mayo, written by J. Grubb Alexander was released by Warner Brothers. It was based on the gothic horror novel, Trilby.

This novel and film strongly suggested that hypnotists had the power to bend the will of others. That fear has been perpetuated right up to today! The most common concern people have about hypnosis is that they are afraid of losing control of themselves and their will. They fear that they will be made to share secrets from their lives and about themselves or that they will be made to do something that they do not want to do.

The "Svengali Effect" as it's commonly termed today, continues to get reinforced in modern day movies and television. Hints or insinuations of hypnosis being used to overpower another's willpower continue to be included in entertainment outlets.

Certainly, stage hypnosis does imply that people who volunteer to be hypnotized on stage in front of an audience have little will power and are made to do silly or foolish things. Although with stage hypnosis this is not the case because people who are "on stage" have already "volunteered" to do silly, foolish and sometimes very funny and embarrassing things *before* they were ever hypnotized. The key word here is, "volunteered." They knew before hand what the show is all about and that they would be the "center of attention." You see, they "wanted" to do that! That's a whole lot different from being made to do something that you "don't" want to do.

Nonetheless, these perpetuations of the Svengali Effect continue to plague people and maintain the fear of hypnosis. It must also be said that there are a few television shows that show hypnosis in a non-threatening manner such as in crime shows where a hypnotist is called in to help uncover the "truth" and solve the case.

Surely, one way to overcome this fear of being hypnotized is to become educated about hypnosis. First of all, you must understand that "Trilby" is fiction and "Svengali" is a drama/horror movie production, both of which were created to "entertain" people.

Therapeutic and clinical hypnosis IS NOT ENTERTAINMENT! It is real life solutions to real life problems!



## THE HYPNOTIC EXPERIENCE “Your Goals”



*This is a short series of articles that covers different aspects of the hypnotic experience and treatment in a typical session. Each aspect will be identified and explained in order to give the reader a better understanding of the process and how it works as well as how the mind works.*

In the January issue, we began our discussion with the “Interview” process. In this issue, we will continue that discussion with the client’s “Goals.”

A good hypnotist will continue after the “Interview” to discover what goal or goals the client seeks, approximately how many sessions may be required to obtain the desired results and the approximate cost of services.

It is important to establish exactly what problem the client has encountered and what goal he/she seeks in resolving the problem. The hypnotist’s keen sense of observation and listening skills not only to the client’s comments but also reading body posture, eye cues and points of elaboration or repetition will help designate the direction and approach best suited for achieving the client’s desired goal(s).

Many times, the client’s dialogue will indicate to the hypnotist the type of techniques

that will be most effective in achieving a successful induction into hypnosis whether it is authoritative or permissive. Suggestibility exercises (*brief but fun experiences*) will enhance the hypnotist’s ability to best determine useful techniques and help to relax the client making them more receptive to the experience when it is their first time being hypnotized.

If any special technique is decided upon to be used, there may be a discussion about that technique, its purpose and expectations.

A successful interview will also include the client’s belief system and expectations. Moreover, it is important to discover his/her definition of hypnosis and any misconceptions. An accurate depiction of the hypnotic experience will ensure a very safe, pleasant and beneficial experience.

Unless the client has additional questions, comments or concerns, this may complete the Interview process. Now get ready to enter the hypnotic session and begin to resolve your concerns.

In the next issue, we will discuss the actual process of the hypnosis session that can be experienced.

## WRITE & SUBMIT AN ARTICLE



Are you a hypnotist? Are you someone who has experienced hypnosis? Do you just enjoy our newsletter? Why not write an article and share it with our readers?

We welcome written material to be printed in our editions of The Hypnosis Examiner. There really aren’t any special requirements to be published and there are **NO DEADLINES!** When your submission arrives in our office, it will be printed in the next quarterly edition.

We are interested in factual information about hypnosis and questions that the general reader may have about this subject.

You don’t have to be a journalist or professional writer to submit an article. Just draft it out on you computer, submit it to the email address below and we’ll take care of the rest. It’s just that simple!

### **Submit an Article to The Hypnosis Examiner (THE):**

Submit an article or information for publication.

Accepted submissions do not guarantee publication.

All submissions must be the sole property of the writer. Do not submit any copyright information.

Any information submitted becomes property of The Hypnosis Examiner to be used per THE discretion.

\*Published articles are not necessarily the views or opinions of the Editor or THE.

### **Editor**

Jonathan B. Walker, LPN, RMT, MHt

Founder of *Health & Wellness, Unlimited*

Practicing Master Hypnotherapist in the USA

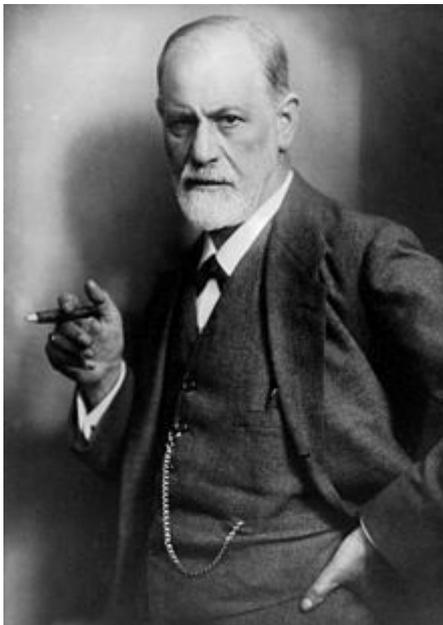
### **Contact:**

[tophypno@aol.com](mailto:tophypno@aol.com)

[tophypno@gmail.com](mailto:tophypno@gmail.com)

(609) 923-4999

## ORIGINS OF HYPNOSIS



*Sigmund Freud*

One of the most famous and influential thinkers of the 20th century was Sigmund Schlomo Freud (May 6, 1856 - September 23, 1939). He was an Austrian neurologist, therapist and anthropologist who gained worldwide fame as a founder of psychoanalysis. His theories and methods are controversial to this day.

Freud qualified as a Doctor of Medicine at the University of Vienna in 1881 and then carried out research into cerebral palsy, aphasia and microscopic neuroanatomy at the Vienna General Hospital. This led in turn to the award of a University lectureship in neuropathology, a post he resigned to go into private practice. On the basis of his clinical practice Freud went on to develop theories about the unconscious mind and the mechanism of repression and created psychoanalysis, a clinical method for treating psychopathology through dialogue

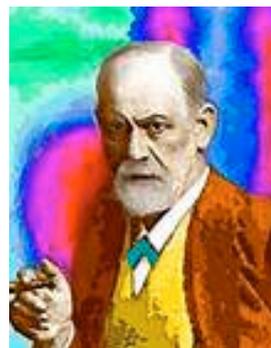
between a patient (or "analysand") and a psychoanalyst. Though psychoanalysis has declined as a therapeutic practice, it has helped inspire the development of many other forms of psychotherapy, some diverging from Freud's original ideas and approach.

Freud postulated the existence of libido (*an energy with which mental process and structures are invested*), developed therapeutic techniques such as the use of free association (*in which patients report their thoughts without reservation and in whichever order they spontaneously occur*), discovered transference (*the process by which patients displace on to their analysts feelings based on their experience of earlier figures in their lives*) and established its central role in the analytic process, and proposed that dreams help to preserve sleep by representing sensory stimuli as fulfilled wishes that would otherwise awake the dreamer. He was also a prolific essayist, drawing on psychoanalysis to contribute to the interpretation and critique of culture.

In October 1885, Freud went to Paris on a fellowship to study with Jean-Martin Charcot, a renowned neurologist who was conducting scientific research into hypnosis. He was later to recall the experience of this stay as catalytic in turning him toward the practice of medical psychopathology and away from a less financially promising career in neurology research. Charcot specialized in the study of hysteria and susceptibility to hypnosis, which he frequently demonstrated with patients on stage in front of an audience.

Once he had set up in private practice in 1886, Freud began using hypnosis in his clinical work. He adopted the approach of his friend and collaborator, Josef Breuer in a use of hypnosis that was different from the French methods he had studied in that it did not use suggestion. The treatment of one particular patient of Breuer's proved to be transformative for Freud's clinical practice. Described as "Anna O," he was invited to talk about her symptoms while under hypnosis (*she would coin the phrase "talking cure" for her treatment*). In the course of talking in this way these symptoms became reduced in severity as she retrieved memories of early traumatic incidents in her life. This led Freud to eventually establish in the course of his clinical practice that a more consistent and effective pattern of symptom relief could be achieved, without recourse to hypnosis, by encouraging patients to talk freely about whatever ideas or memories occurred to them. In addition to this procedure, which he called "free association", Freud found that patient's dreams could be fruitfully analyzed to reveal the complex structuring of unconscious material and to demonstrate the psychic action of repression that underlay symptom formation. By 1896 Freud had abandoned hypnosis and was using the term "psychoanalysis" to refer to his new clinical method and the theories on which it was based.

Eventually succumbing to an inoperable oral cancer due to his smoking habit that started at age 24, Freud employed the help of his doctor, friend, and fellow refugee, Max Schur and the consent of his wife Anna Freud, to be given doses of morphine that resulted in his death in September 1939.



## A COMPLETE LIST OF PHOBIAS

(From A - Z)

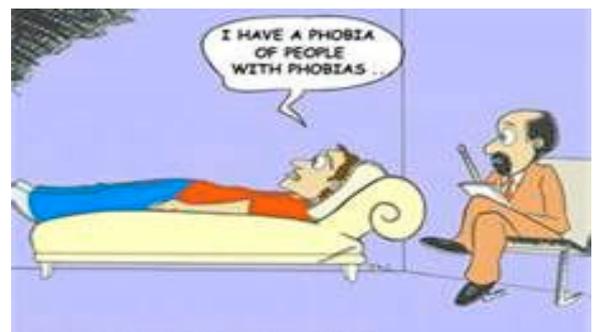
Last year, we published about half of the phobias from our alphabetized list and we aren't finished yet! In this issue, we'll continue in our alphabetized listings from letter R – partial T.

Have you identified any of the listed phobias? Do you have one of the phobias? Do you know anyone who has any of the phobias that were listed? Check out our continuing list.

If you acknowledge any phobia that is problematic for you, remember that we not only have the complete list of phobias, we also have a solution for getting rid of them as well!

Riding in a car	Amazophobia
Rivers or running water	Potamophobia
Road travel	Hodophobia
Robbed, being	Harpaxophobia
Rooms	Koinonophobia
Ruin or ruins	Atephobia
Russians	Russophobia
Saints or holy things	Hapiophobia
Sameness, homosexuality	Homophobia
Satan	Satanophobia
Scabies	Scabiophobia
School, going to	Didaskaleinophobia
School	Scolionophobia
Scratches or being scratch	Amychophobia
Sea, the	Thalassphoibia
Seeing, thinking about erect penis	Ithyphallophobia
Sermons	Homilphobia
Sex, the opposite	Heterophobia
Sex	Genophobia
Sexual abuse	Agraphobia
Sexual love or questions	Erotophobia
Sexual perversion	Paraphobia
Shadows	Sciophobia
Shellfish	Ostraconophobia
Shock	Hormephobia
Sin (having committed)	Enosiophobia
Sinning	Hamartophobia
Sitting down	Kathisophobia
Sitting	Cathisophobia
Skin disease	Dermatosiophobia
Skin lesions	Dermatophobia
Sleep or being hypnotized	Hypnophobia
Sleep	Somniphobia
Slime	Blennophobia
Small things	Microphobia
Smells or odors	Osmophobia
Smells	Olfactophobia
Smelly people	Autodysomophobia
Snakes	Ophidiophobia
Snow	Chionophobia

Social situations	Social Phobia
Society or people in general	Sociophobia
Solitude	Monophobia
Sourness	Acerophobia
Speaking in public	Glossophobia
Speaking	Laliophobia
Specters or ghosts	Spectrophobia
Speed	Tachophobia
Spiders	Arachnophobia
Spirits	Pneumatiphobia
Stairs, climbing/falling	Climacophobia
Standing/Walking	Stasibasiphobia
Stared at or seen	Scopophobia
Stars/celestial space	Astrophobia
Stars	Siderphobia
Staying single	Anuptaphobia
Stealing	Cleptophobia
Step-father	Viticophobia
Step-mother	Novercaphobia
Stooping	Kyphophobia
Strangers/foreigners	Xenophobia
Streets, crossing	Agyrophobia
String	Linonophobia
Strings	Cnidophobia
Stuttering	Psellismophobia
Suffering & disease	Panthophobia
Sun, the	Heliophobia
Surgical operations	Tomophobia
Swallowing or being eaten	Phagophobia
Symbolism	Symbolophobia
Symmetry	Symmetrophobia
Syphilis	Syphilophobia
Taking medicine	Pharmacophobia
Taking tests	Testophobia
Tapeworms	Taemiophobia
Taste	Geumaphobia
Technology	Technophobia
Teeth or dental surgery	Odontophobia
Telephones	Telephonophobia
Termites	Isopterophobia
Theology	Theologicophobia
Thinking	Phronophobia
Thirteen, the number	Triskadekaphobia



\*(More "Complete List of Phobias" coming in the next issue)

## THE HYPNOTIC PROCESS



Hypnosis, to this day, largely continues to carry a stigma about losing control of your will and being controlled by the hypnotist. This is mainly due to the “Svengali Effect” (*The Hypnosis Examiner, Première Issue, Vol. 1, No. 1, January 2012*) that even in the 21st Century is perpetrated in movies and television in some form or another.

Let’s clear the air with a little more education and factual information about how hypnosis works!

There is actually a process involved in hypnotizing a person to resolve an issue or concern. This process was briefly described in our second issue last year (*The Hypnosis Examiner, Vol. 1, No. 2, April 2012, “A Typical Hypnosis Session*). The process has a few steps and we will detail the basics of that process here.

The steps are Induction, Deepening, Therapy and Dehypnotization.

In the “Induction” step, the purpose is to get the client to relax and let go so that the brain can make an important functional change. This is achieved by using breathing and focusing methods. Having the client slowly and gently close their eyes enhances the induction. During this time, the brain wave activity begins to change from its active and alert state, called the Beta State to a light relaxation and reflecting state known as the Alpha State. In this state, the client is preparing for hypnosis but not quite under hypnosis yet.

The “Deepening” step comes into play next to help the client move to the Theta State of brain waves. This state is indicative of being very relaxed, drowsy or daydreaming.

It is believed that when a client reaches this state of brain wave activity that the subconscious mind is now at the forefront and can be accessed to receive suggestions that will be acted upon.

Now the “Therapy” can begin. When the Theta State is achieved, the client is now considered to be in a hypnotic trance. It is during this time that the hypnotist can begin the work of discovering what blockages exist that prohibit a client from reaching his/her goals. It is also a point in the session where new behavioral patterns that can overcome obstacles to change can be established.

Finally, when the work is done, “Dehypnotization” can take place. The hypnotist reverses the process so that brain wave functions can return to the fully active and awake state.

This basic explanation of the hypnotic process is easily achieved with the full cooperation and agreement of the client. Without their consent and cooperation, the process becomes very difficult to achieve successfully, after all, no one can be hypnotized if they chose not to be! The client is always in control and can end the session at anytime they opt simply by opening their eyes and returning to the full awake state of mind.

## ON THE HORIZON

Health & Wellness, Unlimited is cresting the technological wave of bringing information to you in an accessible, on-the-go format.

We are presently looking into and investigating the probability of creating a Mobile App.

We realize that more people each day are moving into the mainstream of technology and coming up to speed in the 21st Century with the latest developments in devices like smartphones, tablets and notebooks. These devices provide on-hands access to the fast paced pattern of life that we live.

Our efforts are aimed at keeping pace with you by making our services, information and education more accessible to you as you move through your days and nights.

Look for more information as we continue to move in the direction of producing an App or Apps that allows you the convenience of keeping in touch with us.

The rate at which technology develops and changes our world can be staggering and stressful to maintain. We want to do our part in providing the useful tools to help you maintain the pace of life, at the very least, in a “stress free” manner.

*Jonathan B. Walker, LPN, RMT, MHT  
Founder, Health & Wellness Unlimited*

# WANT TO RECEIVE YOUR OWN ELECTRONIC COPY OF THE NEWSLETTER?

IT'S EASY!

JUST DROP US AN  
EMAIL REQUESTING  
TO BE ADDED TO THE  
MAILING LIST AND  
IT'S DONE!

SEND YOUR  
REQUEST TO:

TOPHYPNO@AOL.COM



(Scan to send email)

*REVIEWS COPY*

**IWI** THE HYPNOSIS EXAMINER  
Health & Wellness, Unlimited  
*"Establishing Clarity, Harmony and Balance in your Life"*

---

Volume 1 - Number 1 A Quarterly Newsletter January 2012

---

**Premiere Edition - Feature Article**



**HYPNOSIS**

When you hear the word "hypnosis," it seems to stir various reactions. Responses range from disbelief to fear and even laughter. You may envision a mysterious hypnotist-figure popularized by movies, comic books and television that is wearing a goatee and waves a pocket watch back and forth in front of his subject until they lose control of their will and are put in a zombie-like state. Once in a trance, the subject is compelled to obey the hypnotist's bidding and mutters "Yes, master."



This perception, known as the "Svengali Effect" gained its name from an old John Barrymore film called, "Svengali." In this film, Svengali hypnotizes women to go out at night and do evil bidding under his spell. This idea that a person's "will" can be controlled continues to

be reworked today in modern film and television. As a result, the fear-factor about hypnosis continues to be renewed and refreshed. Unfortunately, misconceptions and misinformation about hypnosis are amplified.

Quite to the contrary, hypnotists do not produce zombies of their clients nor do the clients lose control of their "free will." Hypnosis can work effectively to help people resolve a wide array of personal concerns and assist them in the attainment of personal goals.

The term "Hypnosis" is derived from the Greek word for sleep, however hypnosis is actually a state of deep relaxation in which an individual finds himself/herself more susceptible to suggestion. During this deep state of relaxation, the "conscious mind" recedes and becomes passive while the "subconscious mind" comes forward and becomes more active and accessible.

**hyp-no-sis** (hip no sis) n., pl. -ses' (-as') [(Gr-hypnos, sleep -osis)]  
a state of increased suggestibility and concentration.

Simply stated, hypnosis is a state of heightened suggestibility. This state of mind can be self-induced or obtained with assistance.

In all cases, hypnosis is self-induced and no one can be hypnotized or made to follow any suggestions that they choose not to accept. The subconscious will ignore any suggestion that is not within its interest. A hypnotized person will automatically arouse into a normal wakefulness state if they are being asked to do something that goes against their will or morals.

Many people have experienced the hypnotic state of mind. It is very similar to the state of mind one gets in while engrossed in reading a highly interesting novel. While reading, you begin to experience events happening in the book as though you are actually a part of those events (like feeling emotions such as happiness, sadness or excitement to the point of having physical reactions to what you are reading like smiling, crying or increase heart rate). This same state of mind is produced while watching a movie and getting totally engrossed in the events taking place on the screen. You may jump and become flushed (continued next page)

*REVIEWS COPY*

**IWI** THE HYPNOSIS EXAMINER  
Health & Wellness, Unlimited  
*"Establishing Clarity, Harmony and Balance in Your Life"*

---

Volume 1 - Number 2 A Quarterly Newsletter April 2012

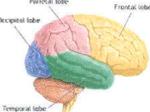
---

**FEATURE ARTICLE**



**THE BRAIN VS- THE MIND**

Most of the time, people use the word brain and mind interchangeably when actually they are quite different.



The brain is the physiological component of the central nervous system encased in the skull that controls and coordinates our voluntary and involuntary bodily functions. It has 3 basic divisions: the forebrain, midbrain and hindbrain and 4 lobes: the frontal lobe, the parietal lobe, the temporal lobe and the occipital lobe.

This conglomeration of gray and white matter is one of the largest organs in the human body. It is coupled to and a part of the spinal cord and entire central nervous system. This neuro electro-chemical pathway is the communication system highway between the brain and body.



On the other hand, the mind is the psychological process that takes place in controlling the brain creating self-awareness. It is divided basically into 2 parts: the conscious and the subconscious. The conscious mind, housed on the left side of the brain is analytical, discriminatory, controls verbal skills, logic, mathematical skills, science and language. This side of the mind holds the "Critical Factor" (which is bypassed in hypnosis). It is said to be timeless in that it deals with past and future timelines. However, the subconscious mind, housed on the right side of the brain is non-critical and controls emotion, physical bodily functions (heart rate, breathing, etc.), intuition, imagination, fantasy, art and music. It is said to be time bound and exists in the present. There also exists a third part called the superconscious that remains under investigation by scientific research for validation. For all practical purposes of understanding hypnosis better, we will omit discussion of the superconscious at this time.

The Conscious mind controls our physical senses (smell, taste, touch, sight and sound) inputting information about what exists in our world for processing and storing. The Subconscious mind responds to the Conscious mind and will go to extreme lengths to fulfill the Conscious mind's desires and limitations as well as to protect us from traumatic scenarios and events.

It is a key goal in hypnosis to by-pass the conscious mind (i.e., the Critical Factor) in order to access the subconscious mind and identify the origin of problematic behaviors (subpersonalities or "parts"). When this happens, therapeutic steps can be taken for "reprogramming" favorable and more acceptable changes in one's life.

*Next issue: "Purs Therapy"*

**WANT BACK ISSUES?  
JUST ASK AND IT'S ON  
ITS WAY!**

# DO YOU HAVE FEARS OR PHOBIAS?



**YOU DON'T HAVE TO LIVE IN FEAR  
ANYMORE!**

# HYPNOSIS

**“CAN TAKE YOUR FEARS AWAY!”**

**Just a few sessions then live your life freely!**



*Health & Wellness Unlimited*

*A Division of QiSage Body Systems, LLC*

Eastampton, NJ 08060



**(609) 923-4999**



[www.hypnosiswellness.org](http://www.hypnosiswellness.org)

*Got Questions?*  
**We've Got Answers!**  
*Got Problems?*  
**We've Got Solutions!**



## “HYPNOSIS”

*Establishing Clarity, Harmony and Balance in your Life!*

\*Stop Smoking \*Lose Weight \*Stress Management \*Anger Management  
\*Phobias/Fears \*Pain Control \*Insomnia \*Migraines  
\*Self-Improvement \*Sports Enhancement \*Vertigo  
\*Memory Improvement \* Past Life Regression \*And Much More



*Health & Wellness Unlimited*  
Complimentary Health Care Services  
*A Division of QiSsage Body Systems, LLC*



(609) 923-4999 or email: [tophypno@aol.com](mailto:tophypno@aol.com)



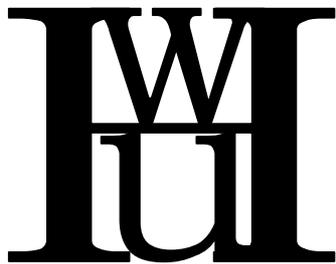
# PAST LIVES?

*Are you curious?*

*Want to know more?*

Have you ever wondered about past lives? Have you ever experienced Deja Vu? Do you believe in reincarnation? Would you like to know more about any possible past lives that you may have had?

## *Past Life Regression Hypnosis*



*Health & Wellness Unlimited*

Complimentary Health Care Services  
A Division of QiSsage Body Systems, LLC

More Information and appointments:  
Contact Jon Walker @ (609) 923-4999  
(Smart Phone? Scan the QR Code to call)



HYPNOTHERAPY/HYPNOCOUNSELING

# 'SPRING SPECIAL'



Call and book your first appointment for a  
"HYPNOSIS SESSION"

Mention this advertisement and get

**15%** Off the Initial Visit

Print this advertisement and bring it with you, get

**25%** Off the Initial Visit

Health & Wellness, Unlimited Email: [tophypno@aol.com](mailto:tophypno@aol.com)

Call: (609) 923-4999