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Does Hypnosis Work? A Comparison Study

By [Dorothy M. Neddermeyer, PhD](#) ★

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American Health Magazine reported the following findings from a recent study.

- Psychoanalysis: 38% recovery after 600 sessions
- Behavior Therapy: 72% recovery after 22 sessions
- Hypnotherapy: 93% recovery after 6 sessions

The majority of people believe hypnosis is a last resort tool for smoke cessation, weight loss or changing habits. Few people know hypnosis is a dynamic and vital healing process embracing all aspects of mental health care. Hypnosis is client-centered with its focus on the discovery of the origin of a person's issues. Through the process of hypnosis/regression the unconscious mind goes to the original cause, which then gives the person and practitioner the opportunity to process the original feelings surrounding the original experience/cause. These surrounding feelings can be healed, thus empowering the person to live the life they want to live.

This study clearly points out—Hypnosis is more effective and works more quickly than traditional talk-therapy or psychoanalysis. In a hypnotic state, you are more receptive to new ideas and you can more effectively process the emotions linked to the experiences, which created pain, fear, sadness, anger, guilt, shame, humiliation and low self-esteem.

Hypnosis is a special form of communication to the subconscious mind where habits are established and memory is stored. Because the language of the subconscious mind is visual, the more detailed your image is of your goal, the faster your subconscious mind will create the changes you desire. Once your subconscious accepts a new idea, you automatically accept it at a conscious level.

Hypnosis is a natural state of the mind that is between the aware state and sleep. Driving a route you are familiar with and not being conscious of every turn you make is similar to the hypnotic state. Hypnosis allows you to access your subconscious mind, which makes up 90% of your brain which stores all memory. With hypnosis, you reprogram and release thought patterns and habits to make desirable, lasting changes in your life.

You are in control: Hypnosis is completely relaxing and you are completely aware during the experience. It's a myth that someone is making you do something. The hypnotherapist helps you connect with your subconscious mind, which puts YOU in control of your subconscious mind—the most powerful and empowering aspect of your brain. Hypnosis restores your freedom of choice, which you haven't had in many years!

Dorothy M. Neddermeyer, PhD, author, international speaker and inspirational leader specializes in: Healing Mind, Body, Spirit using Hypnosis. Dr. Neddermeyer empowers people to view life's challenges as an opportunity for Personal/Professional Growth and Spiritual Awakening.
<http://www.drdorothy.net>

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