

Title:
History Of Hypnosis

Word Count:
1598

Summary:
The use of hypnosis as a therapeutic tool is as old as man himself. As far as can be traced back

Keywords:
hypnosis, hypnotherapy, hypnotism, history, story of hypnosis,

Article Body:
The use of hypnosis as a therapeutic tool is as old as man himself. As far as can be traced back

It has long been believed by many healers that body, thoughts and emotions can influence one another.

The Romans said 'MENS SANA IN CORPORE SANO', healthy mind in healthy body.

This saying seems to confirm that for many centuries it has been believed that physical and emotional

The division between body and mind in medicine is something that only took place around 1750,

Traumatic experiences are not only stored on an emotional level but also on the physical level.

Through processing old traumas and the emotional charges that are connected to a certain sickness.

Modern hypnosis began with Anton Mesmer (1734 ~ 1815) in the 18th Century. Mesmer was a medical

Mesmer forgot his magnets one day and so just made passes over the patient with his hands and

James Braid (1795-1860) coined the terms 'hypnotism' and 'hypnosis', in 1843. He was a Scottish

James Esdaile (1808-1859) another Scottish surgeon working in India would use eye fixation to put

James Braid and James Esdaile were among the first who could be called 'scientific' in their

Amongst those individuals who have been fundamental to the current view of hypnosis are: Milton

Ormond McGill was, it is true a stage hypnotist, but he preserved the public interest in hypnosis.

Dave Elman brought some measure of acceptance to hypnosis from the medical profession in the US.

Probably the most important contributor to the acceptance of hypnotherapy as both an art and a

What is Hypnotherapy

Hypnotherapy is the application of therapy during hypnosis, to change or modify behaviour patterns.

Hypnotherapy deals with Psychosomatic problems - that is, problems of the mind that are rooted

Hypnotherapy, and more precisely, hypnotic suggestions, have a cumulative effect, so over time

For problems where a causal event or events may exist in the past, hypnoanalysis is used initially.

Hypnotherapists do not control your mind!

Hypnotherapy empowers you to take control of your mental resources to bring about the changes

Who can be hypnotised? I would say that virtually everyone can be hypnotised if they have a good hypnotist.

What does hypnosis feel like? I know how it feels to me, but it feels different to some people.

Sometimes you may be prone to drift away for a while just like day-dreaming, and you might just

Hypnotherapy can help to address many problems including:

Fear of Flying
Fear of Crowds
Lack of Confidence
Stress Issues
Low Self Esteem
Fear of Heights
Panic Attacks
Exam Nerves
Driving Test Nerves
Smoking
Weight Loss
Nail Biting
Relationship & Sexual
Tinnitus
Stop Smoking
IBS
Stress
Anxiety

Hypnotherapy is not magic but it sometimes seems magical!

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