

Common Uses of Hypnosis

- A wide variety of mental disorders
- Anxiety
- Trauma/PTSD
- Phobias
- Addictions
- Compulsive disorders
- Smoking cessation
- Self-image
- Stress
- Sleep issues
- Numerous medical conditions
- Pain management
- Weight management
- Dental work and concerns
- Bruxism
- Performance
- Assertiveness

For a more comprehensive list or practitioner referral visit :

www.oregonhypnosis.org

Hypnosis Fears and Myths

Fear of humiliation or loss of control

Under hypnosis a person is fully aware of themselves and completely capable of making decisions. Any idea or suggestion that would be objectionable in regular consciousness would be objectionable under hypnosis.

Fear of not waking up

Hypnosis is not sleep! They may seem similar since, trance will often involve relaxation and the eyes being closed. In actuality, the hypnotized person is in a heightened state of awareness.

For other common fears and myths about hypnosis please visit our website at www.oregonhypnosis.org

OREGON SOCIETY OF CLINICAL HYPNOSIS

**Email info@oregonhypnosis.org
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WWW.OREGONHYPNOSIS.ORG



**OREGON SOCIETY OF
CLINICAL HYPNOSIS**

Promoting excellence in the use of hypnosis



What is OSCH

Having trained hundreds of licensed health care professionals since its inception as the Portland Academy of Hypnosis in 1956, The Oregon Society of Clinical Hypnosis (OSCH) is a professional organization for health care providers who share the desire to promote ethical use of clinical hypnosis. OSCH offers education, consultation and support to health care providers in the safe, effective, and ethical use of clinical hypnosis. The Society offers annual basic & intermediate workshops, as well as more advanced workshops focused on specific clinical issues. The basic course qualifies one for membership in OSCH, (continued)

(continued) the American Society of Clinical Hypnosis (ASCH), as well as the Society for Clinical and Experimental Hypnosis (SCEH.) OSCH is a component group of ASCH, and is committed to bringing awareness to health care professionals and the public about the benefits of the clinical applications of hypnosis.

OSCH membership includes licensed healthcare professionals in dentistry, medicine, nursing, psychology, counseling and social work. Visit our website at www.oregonhypnosis.org for membership application and details.

What is Hypnosis

While definitions may vary, hypnosis is described as a state of inner absorption, concentration, and focused attention. Perhaps it is helpful to think of it like using a flashlight to direct a beam of light on a specific spot so you can see more clearly and find your way more easily. Similarly, in a hypnotic state (trance) the mind is highly focused, allowing ideas and suggestions that are compatible with the client's wants and needs to be more (continued)

(continued) readily accepted, as the critical censor of the conscious mind is bypassed. Hypnotic suggestions often use imagination and mental imagery, and can effectively change physiological and neurobiological functioning, allowing the person to unlock more of their potential.

-Interestingly, trance is a common phenomena in daily life. Trance states are experienced when one is absorbed in a movie or good book, when after a long drive having the feeling that it took much less time that it actually did, when experiencing the sensation of time having passed quickly during a pleasant activity, and many other common daily occurrences. During such natural trance states, the mind becomes absorbed and many functions go on auto pilot.

-Clinical hypnosis is effective in and of itself, or interwoven with other common approaches, in resolving a myriad of medical, mental health, motivational, and emotional concerns.