

Hypnosis

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Hypnosis:

- Hypnosis: Is a trance-like state in which you have heightened focus and concentration. It is usually done with a therapist using verbal repetition and mental images.
- Hypnosis is used to help a person gain control over undesired behaviors. It is also can be used to help cope with anxiety or pain.
- Hypnosis uses can be for anxiety, stress, panic attacks, PTSD, phobias, bed wetting, losing weight, and smoking cessation.



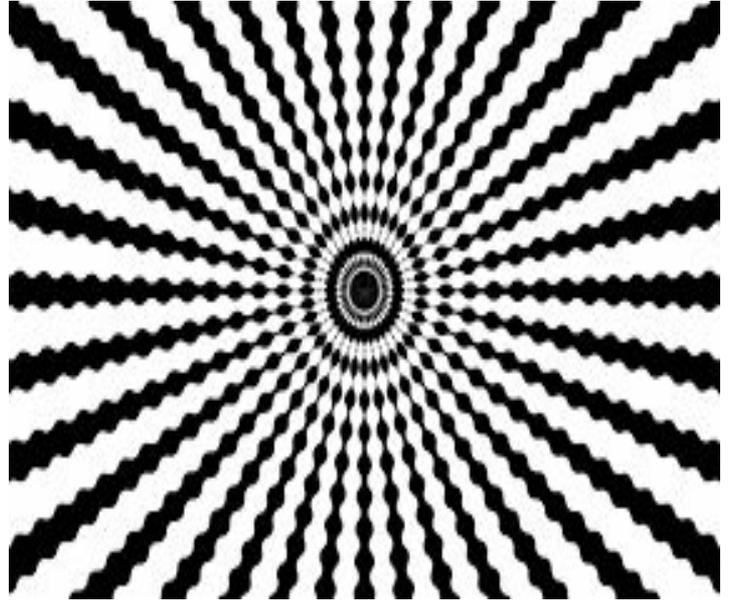
History of hypnosis:

- The history of hypnosis dates back to the 18th century. A German physician, Franz Mesmer, developed mesmerism. This was a set of beliefs about the balance of magnetic power in our body. Franz Mesmer called this “animal magnetism”.
- Sigmund Freud- was interested in hypnosis as well. He rejected hypnosis which delayed the development of hypnotherapy. He turned the focus away from hypnosis and focused on psychoanalysis.
- In the 1930's, Milton H. Erickson made hypnosis more accepted and it was determined that hypnosis was an efficient practice of psychotherapy.



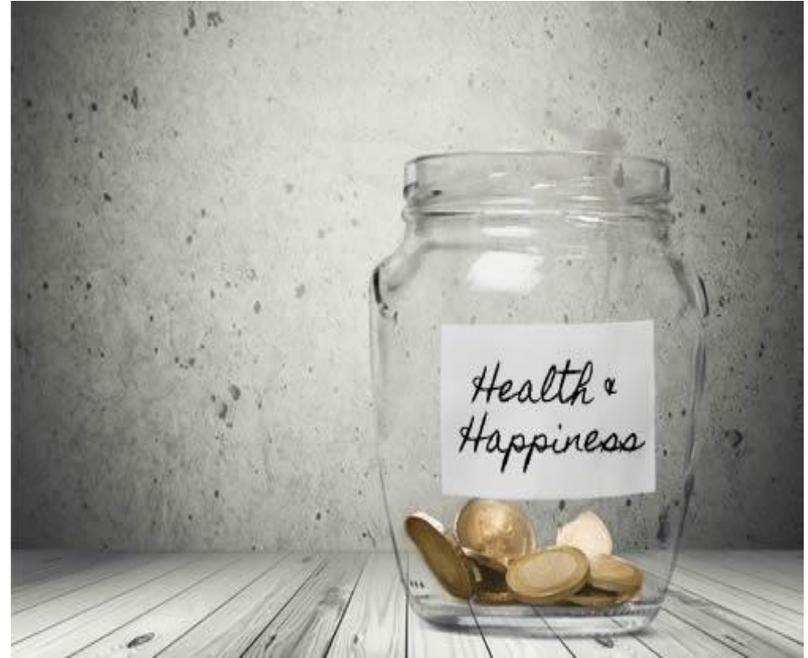
Hypnosis is popular in?

- Hypnosis- is popular in many countries. Mostly being in Europe, United States, and China.



Cost of hypnosis:

- The average cost of therapy in Illinois is anywhere between \$75 to \$200 dollars per session.
- In different states, the price range is anywhere from \$100 to \$1400 dollars.
- Depending on the insurance company, insurances will cover up to 50 to 80% of therapy if done by a licensed professional.



Citations:

<https://www.derby.ac.uk/blog/the-history-of-hypnosis/#:~:text=The%20history%20of%20hypnosis%20dates,it%20had%20no%20scientific%20basis.>

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