

Spontaneous talking.

Patients do not spontaneously begin talking or revealing information they wish to keep secret. You can talk while under hypnosis and you and your professional may wish to use some talking procedure in order to assist you with your problem.

Sleep.

Hypnosis is not sleep; you will not fall asleep. The hypnotic EEG pattern is entirely different from the sleep EEG pattern.

How would I find a qualified hypnotherapist?

If you are looking for a qualified mental health professional, medical or osteopathic doctor, dentist, or nurse who uses hypnosis, you might begin by contacting state or local professional societies. Most major cities will have an Academy or Association of Psychologists, Academy of Medicine, Academy of Dentistry, Association of Nurses, or an Association of Social Workers, Counselors, or Marital/Family Therapists. Yellow pages in your telephone book frequently carry a listing for hypnotists or hypnotherapists. Be sure to select a name where the professional lists such credentials as his or her professional degree. Make sure that the degree has been granted from a college or university approved by one of the national accrediting associations.

Many larger cities will have a listing for a hypnosis society which acts as a referral source. By calling such a society, you can obtain the names of at least three qualified professionals in your area. The two major professional hypnosis organizations in the United States also can provide you with appropriate names. All members of these organizations are licensed professionals.

The American Society
of Clinical Hypnosis
2200 East Devon Ave, Suite 291
Des Plaines, Illinois 60018
847/ 297-3317

The Society for Clinical and
Experimental Hypnosis
3905 Vincennes Road
Suite 304
Indianapolis, IN 46268
317/ 228-8073

What if I can't come out of hypnosis?

In the hands of a trained professional there is no danger in the use of hypnosis. Since the patient holds the control, there is no difficulty in terminating the hypnotic state. The professional will take your complete history before using hypnosis, and if there are any contraindications to the use of the procedure, another form of therapy will be recommended.

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This brochure is made available to you by health care professionals concerned with providing quality services, and who wish the public to know more about clinical hypnosis as part of the larger health care picture.

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Questions and Answers

about Clinical Hypnosis