

**Empowerment through Hypnosis can be helpful in the following areas:**

- Apprehensions/Fears
- Attraction
- Athletic Performance Enhanced
- Body/Mind/Spirit Integration
- Concentration
- Definite Chief Aim
- Memory
- Motivation
- Nail Biting
- Optimistic Outlook
- Personal Skills Enhanced
- Positive Mental Attitude
- Public Speaking
- Relaxation
- Self-Confidence
- Self-Control
- Sleep Improvement
- Smoking Cessation
- Stuttering
- Stress
- Tension
- Weight Management

These are just a few areas in which hypnosis enhances well-being. Consult with your hypnotist if you wish to explore areas not listed.

Some conditions require medical or psychological referral.

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# *Empowerment Through Hypnosis*

Hypnosis enables the conscious and subconscious mind to hear and believe the same message, transforming unwanted and limiting beliefs, boosting your determination, and enhancing your "conscious willpower."



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## **THE HISTORY OF HYPNOSIS**

Hypnosis extends back to ancient temples of the Greek Gods and comes from the Greek word "Hypnos" meaning deep sleep.

Anton Mesmer theorized in the 18<sup>th</sup> century that disease was caused by imbalances of a physical force. He would put people in a trance like state to help them overcome their disturbances. This was called mesmerism.

Later, Dr. James Braid pioneered the term "neurhypnotism" meaning nervous sleep, later shortened to hypnosis. Braid concluded that hypnosis enhanced a subject's concentration on a thought which would rid one of a physiological disorder.

By the late 1880s, Jean Martin Charcot, a neurologist emphasized suggestibility used in hypnosis helped one to balance the nervous system. Later Sigmund Freud developed hypnosis in his practice to deal with psycho-social illness.

However, it wasn't until the 1900s that Milton Erickson, as a seventeen year old boy, demonstrated the power of the mind to overcome polio. He went on to become an amazing doctor and a master hypnotherapist. Erickson used Hypnotherapy as a highly effective tool in treating sensory alterations and pain control.

Today hypnosis is a recognized practice throughout the United States, acknowledged and utilized by professionals. Consulting hypnotists work with medical and health care professionals, and are trained to help with specific challenges and self-sabotaging habits.



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## **WHAT IS HYPNOSIS?**

Hypnosis is an interaction in which one receives suggestions from their hypnotist in a sleeplike trance. The body and conscious mind are in a relaxed state allowing the subconscious to respond to the message being received.

## **HOW DOES THE SUBCONSCIOUS ACCEPT HYPNOTIC SUGGESTIONS?**

Hypnotic suggestions bypass the intellectual mind, called the "conscious" and zero in on the subconscious. When given a new suggestion that is within the bounds of a person's belief system and moral orientation, the subconscious mind accepts it literally as a new reality. Conscious beliefs and values will not be misdirected by hypnosis.

## **HOW DOES HYPNOSIS HELP PEOPLE?**

Hypnosis is a process of cooperation between the person's subconscious mind and the hypnotist. With consent, the person is helped to reprogram unhelpful attitudes and remove unwanted thoughts. It is possible to transform unwanted and limiting behavior to a more positive approach to empower ones life. Hypnosis can help restore a person's personal state of balance integrated with their physical, mental and spiritual being.

## **CAN ANY PERSON BE HYPNOTIZED?**

People of average intelligence can be hypnotized in most cases, if they are a willing participant and approach this modality as a constructive tool. The depth of hypnosis varies with a person's ability to respond. If you are not a responsive subject, you can improve your receptivity to hypnosis with practice.

## **IS HYPNOSIS MEDICALLY APPROVED?**

Hypnosis is not generally covered by insurance. Health Savings Plans and Flex Savings may be accepted. You may be able to deduct your session as a medical expense on your taxes if a physician has referred you for smoking cessation or weight management.

## **IS HYPNOSIS DANGEROUS?**

The induction of hypnosis is never dangerous to the subject experiencing it. The participant in the hypnosis session is always in control of themselves. A hypnotized individual cannot be made to bark like a dog or cluck like a chicken. Hypnosis is presented by verbal suggestions, which must be interpreted and processed by the participant.

## **ARE THE RESULTS OF HYPNOSIS PERMANENT?**

When there is a desire to achieve a goal, some individuals choose to implement their suggestions to themselves indefinitely, while others may simply need reinforcement. The effects of hypnosis are cumulative. The more the techniques are practiced and suggestions are used, the more permanent the results become. Reinforcement recordings for home use provide additional help.

## **HOW POWERFUL IS THE HYPNOTIST?**

Hypnosis is a consent situation in which 10% of the effort is the hypnotist's, and 90% is the responsibility of the client. The hypnotist does not wave a magic wand over some one and then voila, "they are fixed." The talent for hypnosis lies in the person who is hypnotized.