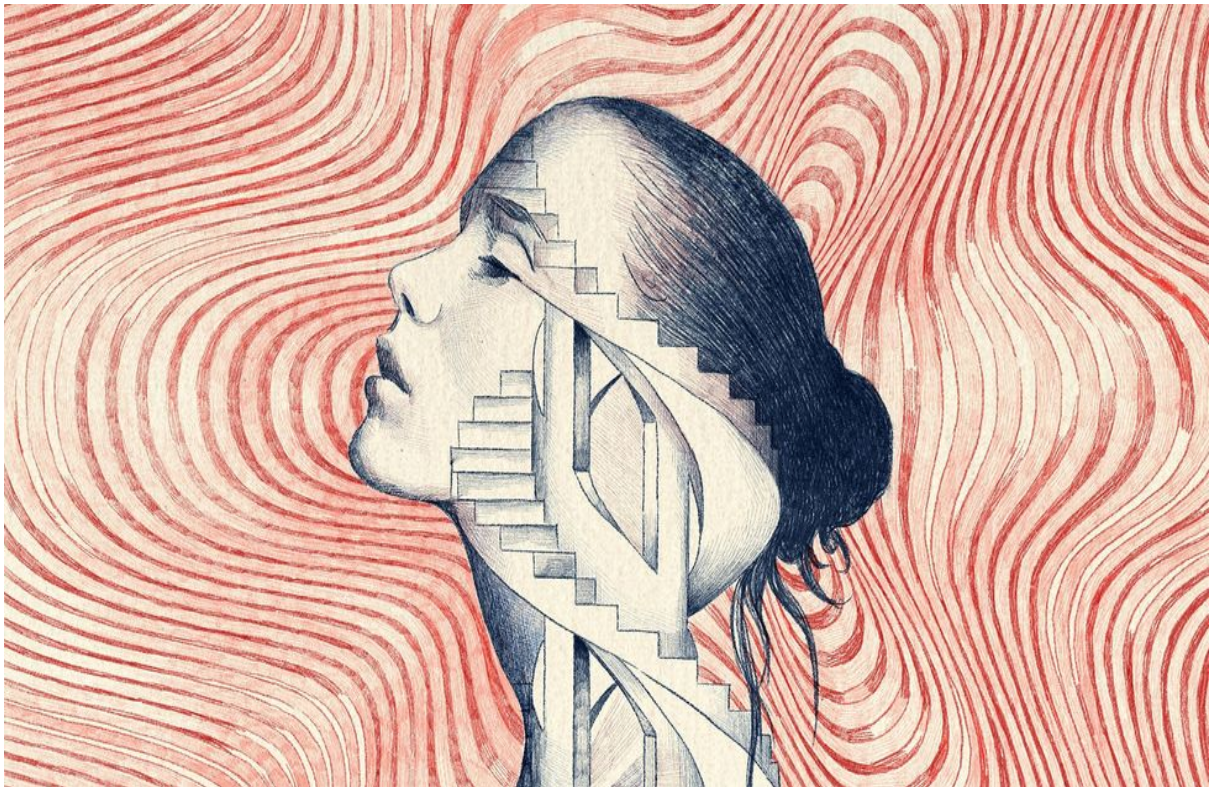


*IS HYPNOTHERAPY EFFECTIVE?
AND WHAT DO PEOPLE THINK OF IT?*



Imatge 0: *The medical power of hypnosis*

APPRECIATIONS:

I would like to say thank you to everyone who has helped me during this project. But especially I want to give a big thank you to:

- my tutor (Name).
- Nick Bullock and Julio Berbegal, the two professionals I interviewed.
- Silvia Rodriguez and Laura Ordeño, the two patients I got to interview.
- Everyone who has answered my survey.
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0. RESUM

CATALÀ

El meu Treball de Recerca tracta sobre la hipnoteràpia. Un tipus de teràpia en el que s'utilitza com a recurs la hipnosi per a crear un estat de concentració al cos i a la ment pel tractament d'un trastorn o d'un problema psicològic o mèdic.

Aquest treball es divideix en 2 parts:

La primera part és part teòrica dividida en 3 grans apartats, el primer apartat és la introducció del tema, on investigo sobre la hipnoteràpia, la hipnòsi i la teràpia; el segon és sobre la hipnoteràpia i la hipnòsi en el segle 21, on investigo sobre la història de la hipnosi i la hipnoteràpia i el recorregut que han tingut fins ara i el tercer apartat on cerco informació sobre com la hipnosi és representada a la gran pantalla. La segona part és la part pràctica que consta de dues parts: en la primera és una enquesta on investigo sobre la percepció de la gent sobre la hipnoteràpia i per què tenen aquesta percepció i a la segona són 4 entrevistes, dues amb professionals sobre el tema i les altres dues amb pacients que han utilitzat la hipnoteràpia com a recurs per algun problema.

ENGLISH

My "Treball de Recerca" is about hypnotherapy. A type of therapy that uses hypnosis as a resource to create a state of concentration on the body and mind to treat a psychological or medical problem.

This assignment is divided in 2 parts. The first part is a theoretical part divided into 3 large sections, the first section is the introduction of the subject, where I research about hypnotherapy, hypnosis and therapy; the second is about hypnotherapy and hypnosis in the 21st century, where I research the history of hypnosis and hypnotherapy and the journey they have had so far, and the third section is where I look for information about how hypnosis is represented in the big screen. The second part is the practical part which consists of two parts: the first part is a survey where I investigate people's perception of hypnotherapy and why they have this perception and in the second part there are 4 interviews, two with professionals on the subject and the other two with patients who have used hypnotherapy as a remedy for some problem.

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1 INTRODUCTION

1.1 What's my TR about?

My TR consists in finding out whether hypnotherapy is a type of therapy that works or not and also to know how hypnotherapy works, to what kind of illnesses does it normally apply, or if people are satisfied with the results. My TR, apart from deepening in hypnotherapy, shows what hypnosis is too. It also consists in looking through the difference between what people think hypnotherapy is, and what it really is about. Besides, I have also chosen to make a comparison between movies, TV shows, or people's perceptions of hypnosis and what it really is.

1.2 What do I want to accomplish?

My main goal is to get knowledge on these two subjects, therapy and hypnosis because it was something I really wanted to know about. At first, I didn't know how to make a TR about the two of them, but now that I have found out about hypnotherapy I am really looking forward to knowing how it truly works and, of course, if it is really effective. What I also want to show is what hypnotherapy really is. I want to see if the media depicts it correctly and, by that means, if people really get what hypnotherapy consists of.

1.3 Why do I want to make this Project?

We all know there are lots of ways to overcome a traumatic event or just a psychological problem with the help of therapy, but no one seems to talk about this type of therapy, in specific. I want to give hypnotherapy a voice and spread awareness that there is more than one option in the big field of therapy.

Apart from all the knowledge I can get from hypnotherapy through this project, I also want to learn more about how the media shows hypnotherapy and what it really is. Is it in reality as it's shown in fiction?

1.4 Methodology

My Practical Part will be divided into two categories: A Survey and Interviews.

In the survey, I'll extract information about how hypnotherapy is perceived to know if people know exactly what hypnotherapy is about and why they have that opinion on the subject.

Meanwhile, the interviews will give me information from professionals about hypnotherapy and will refute my hypothesis or confirm it.

2. TOPIC INTRODUCTION

2.1 Hypnotherapy, what is that?^{1, 2, 3}

Hypnotherapy, also known as clinic hypnosis, is the therapeutic application of hypnosis to improve your mental health and your welfare. The hypnotherapists use hypnotic trances and facilitate therapeutic hypnotic experiences in the patient so that the patient, from the inside, can reorganize their personal meanings and their own world of experiences. So, hypnotherapy is a therapy where the patient is more active than the hypnotherapist because they are the ones who activate their own minds and look through it. The treatment begins when the patient can enter into a spontaneous hypnotic trance. The change occurs mainly in the subconscious, and maybe in a later stage, the patient may need to analyze the change that has occurred.

It can be used in two different ways. On the one hand, we have suggestive therapy, when the hypnotic state allows you to respond better to suggestions. On the other hand, we have the analysis, which is when we use the relaxed state to look for the root of a disorder or symptom.

Although some individuals are apprehensive about considering hypnotherapy as a psychological treatment, often due to misconceptions they may have seen on television or in the movies, many studies have shown its effectiveness in addressing the patient's worries.

2.1.1 What is it for?⁴

It is generally used to treat psychological problems and psychological disorders. It may help any number of medical conditions in which psychological factors influence physical symptoms.

image 1: ICEBERG

Common mental health uses:

- Stress, anxiety and panic attacks.
- Phobias (Most common: arachnophobia (fear of spiders))
- Behavior control issues (giving up smoking, losing weight and enuresis (bedwetting))

Common medical uses:

- Insomnia
- Asthma
- Hot flashes during menopause



- Gastrointestinal disorders, including IBS¹ (Irritable Bowel Syndrome)
- Pain control (after surgery, childbirth, cancer, fibromyalgia, burns and headaches, migraine and tension)
- Side effects on cancer chemotherapy or radiation treatment, including nausea and vomiting.
- Skin condition.

Hypnotherapy continues to be explored for use in this and many other medical conditions.

2.1.2 What happens during the session?^{2, 3}

A normal session of hypnotherapy lasts in between 30 minutes and 1 hour, depending on every patient. There are 4 stages: Introduction, Deepener, Suggestions and Emergence:

- Introduction:

During this stage the patient tends to relax and tries to be calm, focusing their attention away from distractions. There can be relaxing music playing to help with your session. The hypnotherapist will guide you through the stage with specific techniques to calm you down: techniques such as control breathing, or progressive muscle relaxation (tensing muscles as you breathe in and relaxing muscles as you breathe out, then repeating in a certain order of muscle groups throughout their body), or focusing on a visual image.

- Deepener:

This stage is a continuation of the previous stage, where you keep taking your relaxation and focus to a deeper level. This step often involves counting down or using similar descending imagery such as walking down stairs or slowly sinking deeper and deeper into a comfortable bed, these are two of the many options to choose for deeper relaxation. These two stages are aimed at easing your openness to suggestions.

1. IBS (Irritable Bowel Syndrome): syndrome caused by sudden abdominal pain that can lead to diarrhea or constipation.

<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-digestivas/sindrome-intestino-irritable/definicion-hechos>

- Suggestions:

This is the stage where there's an actual change in the experience, behavior, or perception. At this point, your hypnotherapist will use imagery and carefully chosen language . The suggestions are usually symptom-focused (to resolve a symptom) or symptom-exploratory (to explore experiences associated with the origin of a symptom). For example, to quit smoking, you'll learn to identify your triggers to want to smoke, learn positive ways to change, understand resources to effect change, disrupt your pattern, attach a better

response, notice the difference, and install the changed behavior. You may be encouraged to see your "old" self with black lungs in a mirror behind you and see your "new" healthy self with clean lungs in a mirror in front. You'll then be guided to choose which self you like and to walk toward that self.

- Emergence:

During this last stage, you will be coming out of the hypnosis state very slowly so that your subconscious has the opportunity of accepting the suggestions your hypnotherapist may be giving you. Your hypnotherapist may use a reverse deepener to make that happen, like counting up or going upstairs.

2.1.3 Benefits ^{3,4}

Hypnotherapy gives you the opportunity to achieve what you want psychologically, but there are also a few benefits apart from the one you are looking for. These are some of these benefits:

- Hypnotherapy helps you cope in a relaxing and natural way.
- It helps you to know yourself better and to learn your weaknesses and your strengths.
- It makes it possible for you to change limiting beliefs for empowering beliefs thanks to suggestions.
- It indirectly affects your self-confidence and self -esteem positively.
- It favors self-awareness and improves the relationship between yourself. It also helps resolve internal conflict.
- It gives you the ability to set boundaries.

22 Hypnosis³

Hypnosis, also called hypnotherapy or clinic hypnosis consists of a trance-like state in which you have a heightened focus and concentration. This doesn't mean that you lose power over yourself. Hypnosis is normally held by a hypnotherapist who guides you through your process by using the sound of their voice, or using visualization techniques, or relaxing music...

2.2.1 Advantages and disadvantages⁵

Some of the advantages of hypnotherapy are that it activates a deep relaxation response in your body, meaning it decreases blood pressure, reduces sympathetic nervous system activity, slows heart rate and heals faster.

Hypnosis puts you back in control of your life, your body, your relationships, and your surroundings. You realize what an empowered place you play in your own life.

Another advantage is that it's a phenomenal self-management skill and a method of self-care. You learn techniques, resources, and ideas that tend to become lifetime tools.

Hypnosis is a natural healing remedy and has no adverse side effects or interactions. You empower the body to own innate capabilities without complicating the profile or adding more toxicities.

Some of the disadvantages are that Hypnosis might not be really appropriate for someone with psychotic symptoms, like hallucinations and delusions. It might also not be appropriate for someone who uses drugs or alcohol. It should be used for whatever type of pain control only after a doctor has evaluated the person for any physical disorder that might require medical or surgical treatment. The use of hypnosis doesn't always work for every problem there is, for instance, memory retrieval, which cannot be cured with hypnotherapy because the use of hypnosis in these situations may create false memories, especially if the hypnotherapist gives unintended suggestions and could cause more distress and anxiety.

Hypnosis also may be a less effective form of therapy than other more traditional treatments, such as medication for psychiatric disorders.

Hypnotherapy cannot be done TO YOU. Hypnosis will not work if you don't want to, or are willing and focusing on healing. You are fully responsible for your participation, dedicating the time and space needed.

Another disadvantage is that the results from hypnosis are not something you can see after the first session. It normally takes between 4 to 6 sessions to fully heal, so that means you have to put in lots of money and time.

2.2.2 Myths about hypnosis^{4, 3}

Myth 1: “Hypnosis isn’t real, it’s a form of entertainment.”

Hypnosis isn’t a stage act or some magical act. Clinical hypnosis is a type of medical therapy that’s often used as a part of a treatment plan that includes traditional medical approaches.

Myth 2: “You lose consciousness or have amnesia when you’re hypnotized.”

Most people remember everything that happens during hypnosis. You remain aware of who you are, where you are and remember what happened during a hypnosis session

Myth 3: “You lose control over yourself when you’re hypnotized.”

Your hypnotherapist guides hypnosis, but hypnosis is something you do for yourself. You can’t be made to do anything against your will. You won’t reveal any information that you don’t want to say. You don’t lose control over your behavior. Hypnosis makes it easier to experience suggestions but doesn’t force you to have certain experiences.

Myth 4: “Hypnosis is just a deep sleep.”

Hypnosis isn’t sleeping. There are some deeper forms of hypnosis that could make you appear to be asleep because your body is very still and quiet, but you aren’t asleep.

2.2.3 Other uses, apart from therapy^{1, 4}

Hypnosis as we know it, can be an effective way of coping with stress and anxiety. In particular, hypnosis can reduce stress and anxiety before any medical procedure.

It has been studied for other conditions apart from mental health conditions, which are the most common in hypnotherapy:

- Pain control: Hypnosis may help with pain due to burns, cancer, childbirth, irritable bowel syndrome, fibromyalgia², temporomandibular joint problems, dental procedures and headaches.
- Hot flashes: Hypnosis may help relieve symptoms associated with menopause.

2. fibromyalgia: musculoskeletal pain disorder normally followed by fatigue and problems with sleep, memory and mood.

<https://www.mayoclinic.org/es-es/diseases-conditions/fibromyalgia/symptoms-causes/syc-20354780>

- Behavior change: Hypnosis has been used with some success in the treatment of insomnia, bed-wetting, smoking, bipolarity, and overeating.
- Cancer treatment side effects: Hypnosis has also been used to ease side effects related to chemotherapy or radiation therapy.

23 Therapy and its types ⁷

There are hundreds and hundreds of types of therapy. To give you an idea, there's more than 50 types. There's Integrativetherapy, Art therapy, Music therapy, Brain stimulation therapy, and a lot more, so if you're thinking of trying therapy you might get a little overwhelmed over the more than 50 types.

So here's a look at common types of therapy and how to choose which one is the best for you.

2.3.1 Behavioral Therapy ⁸

Behavioral therapy is an umbrella term for types of therapy that treat mental health disorders. This form of therapy looks to identify and help change potentially self-destructive or unhealthy behaviors. It's based on the idea that all behaviors are learned and can be changed, so the focus on treatment is often in current problems and how to change them.

Unlike the types of therapy that are rooted in insight (like humanistic therapy) this therapy is action-based, because of this, behavioral therapy tends to be focused. This means that the behavior itself is the problem and the goal is to teach people new behaviors so that the issue can be eliminated.

There are a number of different types of behavioral therapy so here are some:

- Applied behavior analysis, which uses operant conditioning to shape and modify problematic behaviors.
- Cognitive behavioral therapy (CBT). This treatment is focused on how your thoughts and beliefs influence your actions and moods.
- Dialectical behavioral therapy (DBT). It's more focused on helping people learn how to manage their emotions, cope with distress and improve interpersonal relationships.
- Exposure therapy, which uses behavioral techniques to help people overcome their fears of situations or objects.

- Rational emotive behavior therapy (REBT). It focuses on identifying negative or destructive thoughts and feelings and turning them into positive, rational, realistic ones.
- Social learning theory, which centers on how people learn from observing others.

It can help you and may be a good option to choose if you have anxiety, phobias, substance use disorder, attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), oppositional and defiant behaviors, or behavioral issues that result from communication difficulties or emotional damage.

2.3.2 Psychodynamic therapy⁹

This approach focuses on changing problematic behaviors, feelings and thoughts by discovering their unconscious meanings and motivations. In psychoanalysis you can expect to talk about anything on your mind to uncover patterns in thoughts or behaviors that might be contributing to distress. It's also common to talk about your childhood experiences and your past, along with recurring dreams or fantasies you might have.

Some important aspects of psychodynamics are:

- Identifying patterns. People often develop characteristic ways of responding to problems without really being aware of these tendencies. Learning to spot them, however, can help people find new approaches to coping with problems.
- Understanding emotions. Research has found that psychodynamic therapy is useful for exploring and understanding emotions. Through gaining insight into emotional experiences, people are better able to recognize patterns that have contributed to dysfunction and then make changes more easily.
- Improving relationships with others is a key focus of psychodynamic therapy. In working with a therapist, people are able to understand how they often respond to others.

And here are some issues psychodynamic therapists can help you with: depression, anxiety, eating disorders, somatic symptoms, substance use disorders or a variety of other conditions.

2.3.3 Cognitive behavioral therapy⁸

Cognitive behavioral therapy is a type of psychotherapy. This type of therapy modifies thought patterns to help change moods and behaviors. It's based on the idea that negative

actions or feelings are the results of current distorted beliefs or thoughts, not unconscious forces from the past. Cognitive therapists believe that is dysfunctional thinking that leads to dysfunctional emotions or behaviors. By changing their thoughts, people can change how they feel and what they do.

It is a blend between cognitive therapy and behavioral therapy (Cognitive therapy focuses on your moods and thoughts while behavioral specifically targets actions and behaviors).

CBT is based on several core principles:

1. Psychological problems are based, in some parts, on faulty or unhelpful ways of thinking.
2. Psychological problems are based, in other parts, on learned patterns of unhelpful behavior.
3. People suffering from psychological problems can learn better ways of coping with them, thereby relieving symptoms and becoming more effective in their lives.

This type of therapy is normally used for a wide range of mental health challenges and diagnoses, including depression, anxiety, eating disorders, post-traumatic stress disorder (PTSD), insomnia, obsessive-compulsive disorder (OCD), bipolar disorder, chronic pain and phobias or panic attacks.

2.3.4 Humanistic therapy¹⁰

Humanistic therapy is a mental health approach that emphasizes the importance of being your true self in order to lead the most fulfilling life. It's based on the belief that you are the best person who can understand your experiences and needs. It also believes that all people are good in heart and capable of making the right choices for themselves.

Some of the approaches humanistic therapy has to offer are:

- Client-centered therapy. It basically bases on the idea that accepting criticism or disapproval from others can distort and hurt the way you see yourself. This blocks personal growth and prevents you from living a fulfilling life.
- Existential therapy. This type of humanistic therapy is a philosophical approach in which you'll learn to accept the responsibility for things you do or choices you make and then realize the freedom you have to make changes that will give your life a better meaning.
- Gestalt therapy. This therapy provides a state of "safe emergency" where you can explore things that are bothering you in the present moment, for example you might explore the belief that your opinions don't matter to your partner.

Therapists normally help you by creating the *here and now* atmosphere by asking how certain emotions make you feel and what you are currently aware of, for example, you and your therapist will create a roleplay where they'll ask you to visualize the person you have a conflict with sitting in a chair and you'll start having a conversation with them.

Disclaimer: In therapy, you'll work with a trained mental health professional. What you'll do in each appointment depends on the preferred methods of your therapist and the issue you are looking to address.

3. HYPNOTHERAPY AND HYPNOSIS IN THE 21s CENTURY

3.1 History of hypnosis and hypnotherapy ¹⁷

In the late 18th century, Franz Mesmer, a German physician, developed hypnotism, his beliefs about the balance of magnetic power in our body, using animal magnetism ³. This concept was later rejected because of the lack of scientific basis, however many doctors were amazed by the fact that hypnosis really cured many symptoms of patients.

James Braid was the creator of the word we now know as "hypnosis", because he was one of the most notable clinicals who followed that technique.

There are 3 important eras of hypnosis' history:

1. Magical time/religious

2. Fluid time/magnetic

3. Suggestive time

1) Magical time/religious:

In this age, shamanism, magic, religious beliefs and mythology stand out. The force of the word was used as a therapeutic power. Obviously there was a lot of ignorance so it was normal that people were afraid or had respect over the hypnotherapeutic so not many people used it at that time.

2) Fluid time/magnetic:

In the second era, the force of word and the fear was not that common anymore, instead they believed in a specific energy, called magnetism. It's connected with the stars, as like the mythology said they had a healing magnetic power. In this era, Franz Mesmer, had a really important influence because of uses with animal magnetism.

3. Animal Magnetism: a supposed emanation to which the action of mesmerism was ascribed.

<https://languages.oup.com/google-dictionary-en/>

3) Suggestive time:

In the third stage the word is recovered again as a therapeutic power (not feared), and the uniqueness is also sought, not the mind-body duality. It would be the consecration of scientific hypnosis, where the factors of the new hypnosis are taken into account.

3.1.1 Charcot's part on hypnotic suggestions¹⁷

Jean Martin-Charcot (1825-1893) influenced very much on the history of hypnotherapy because of his studies and his observations during each session he made. His part was describing each one of the phases of suggestion.

Charcot said that the structure of every hypnotic experience consisted on the following phases:

1. Lethargic state or light trance. This happens progressively, passing from a lighter state or superficial trance in which the patient relaxes the muscles of his body in general.
2. Cataleptic state or middle trance . Later, when the person relaxes more and their body abandons, they can reach a state of total rigidity, in which we can, for example, put the patient between two support points like a table.
3. Somnambulant state or deep trance. Finally, the deepest trance in which the individual is able to open his eyes without coming out of the hypnotic sleep, accepting all the suggestions imposed by the hypnotist.

Charcot said that the hypnotherapists aren't people with some kind of "power" over their patients. They simply apply some techniques (suggestions) for people to have the hypnotic experience.

3.1.2 The confrontation between Ernst Bernheim and Jean-Martin Charcot^{11, 17, 19}

Between Bernheim and Charcot began a really big rivalry. On one hand, there was the *School of Paris*, directed by Charcot, which was one of the most famous schools of hypnosis, next to Nancy's *School* with Bernheim on the front. Their methods defended mainly verbal suggestions, as he said that from the patient's preparation for a session, from the post-hypnotic effects, the whole process depended on suggestion.

Bernheim claimed that he had never seen in any of his patients the 3 phases Charcot said about suggestion on a hypnotherapy session and that only on one occasion he was able to observe the 3 periods: lethargy, catalepsy and sleepwalking and that was because the young woman had stayed 3 years at the Salpêtrière Hospital (where Charcot had been doing his studies of hypnosis).

In Bernheim's opinion, this case was due to special training through manipulations and imitation of the phenomena that the young woman had seen in other individuals of the same school. According to her interpretation, imitation occurred with the manifestation of reflex phenomena, in a certain and typical order, so this was no longer natural hypnotism but the product of the training of an authentic suggestive hypnotic neurosis.

The controversy between the School of Paris (Charcot), which declared somatic reflexes as the principal factor of hypnosis, and the Nancy's School which affirmed that the decisive factor in hypnosis was psychic suggestion, led to having a final winner; Nancy's School was able to convince the scientific community that the great variety of manifestations were produced by suggestion.

3.1.3 Anna O's treatment^{11, 17, 19}

In the mid 19th century, Austrian physician, Josef Breuer's work became notable because of his treatment with one of his patients called Bertha Pappenheim using hypnotherapy, which is now considered as the beginning of psychoanalysis.

She used the pseudonym "Anna O" because she was one of the founders of *The League of Jewish Women*⁴ (Jüdischer Frauenbund) .

Anna suffered from a severe cough, paralysis in the limbs on the right side of her body and disorders of vision, hearing and speech difficulties, as well as hallucinations and loss of consciousness. Anna was diagnosed with hysteria.

During her treatment, Josef carried out a bunch of hypnotherapy practices to find out more about her disorder, as a result, he found that she constantly whispered to herself words that, according to Josef, were "deeply melancholic fantasies... sometimes they are characterized by poetic beauty".

4. The League of Jewish Women: Founded in 1904 by Bertha Pappenheim was a group of German feminists while maintaining a big sense of Jewish identity.

<https://jwa.org/encyclopedia/article/juedischer-frauenbund-league-of-jewish-women>

That's how "free association" ⁵ arose, where in the hypnosis sessions with Breuer, Anna focused on speaking, letting her own subconscious thoughts flow, and saying things that first came to mind.

In conclusion, Breuer used suggestive hypnosis to trigger Anna's best childhood emotions, which resulted in the reductions of her symptoms.

3.1.4 Freud's rejection on hypnosis ¹²

Sigmund Freud (1856-1939) was a really good colleague of Breuer. Through his two years of intense therapy with Anna O, Breuer developed the core theory and practice of psychoanalysis, which was later taken on and developed by Freud.

As is well known, Freud used hypnosis initially on his patients needs, but he later replaced it by his method of "free association", where the patient is encouraged to express whatever comes to their mind which resulted in an unconscious thought. In the early 20th century, psychoanalysis and other non-hypnotic approaches of psychotherapy began to overshadow hypnotherapy.

As a matter of fact, it was partially due to Freud's personal role in developing psychology as an academic field, that Hypnosis is not taught nowadays at most universities.

But in spite of the mishap caused by Freud's rejection of the practice of hypnosis, it continued to become more accepted at the end of the century by such organizations as the British Medical Association in 1892.

Freud cataloged hypnosis as a valid method within the framework of psychotherapy and as a mechanism of suggestion, where the level of action of consciousness was diminished. He considered that it was a segment of the psyche that was acting and this prevented adequate effectiveness, so he eventually decided to turn his back on hypnosis and abandon it.

Even though Freud did hide a little bit hypnosis from the rest of the world Freud's part in it was really important as he made these statements:

1. The patient was not in full control of himself, it was more a dissociated fragment than a whole human being.

5. Free Association: a practice in psychoanalysis therapy where the patient has to say whatever comes to mind even if it's not coherent.

<https://www.goodtherapy.org/blog/psychpedia/free-association-in-therapy>

2. In the sleeping state of a session, the patient could simply ignore everything that is being said to them so that would deconcentrate the patient and so, disassemble everything Erickson says about hypnosis.
3. In order for the experience to work, you had to know the past of the patient's cause, meaning, creating a personal relation with the patient.

3.1.5 The King of hypnosis, Milton Erickson^{13, 14}

The most prominent figure of modern hypnosis has got to be Milton Erickson (1901-1980), an American psychiatrist who was a master of using language creatively to communicate with patient's unconsciously.

Erickson had a really bad childhood because of his medical condition called poliomyelitis⁶ which led him to have a bunch of bad years where he became still from hips to toes. He got over this illness by his own self effort, where he later, after his hypnosis studies, recognized it as self hypnotherapy.

What was interesting and unique about him is that he was not interested in identifying the cause of the symptoms (establishing a personal relation with the patient), like Freud and many other clinicians back then, instead, he focused on helping patients release their symptoms by stopping the defense functions. He was the first man who transformed the idea of this movie type hypnotherapy where they use a pendulum to make you fall asleep, to the real and actual one who we all know. He also was the first man who showed hypnotherapy as a much more comfortable process, by sitting next to their patients, or touching specific parts of their body to help with the hypnosis' process (as it is shown in the picture).

Erickson says that hypnosis is something a human experiences daily without noticing, for instance, when you are walking to work or to school through the same route you do everyday, as we are only putting our focus on arriving to our destination, we usually don't even pay attention to what's

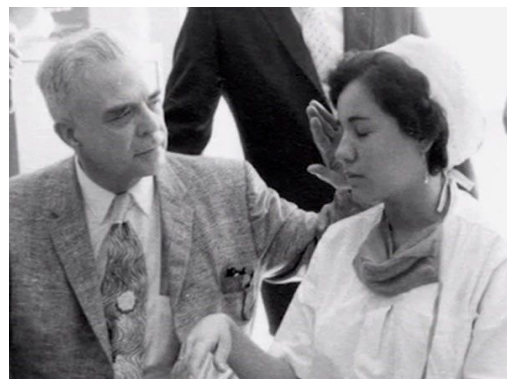


Image 2: ERICKSON

going on around us because all our focus of attention is in one thing.

6. poliomyelitis: a terminat virus that affects the spinal cord and causes paralysis.
<https://www.cdc.gov/polio/es/que-es-polio/index.htm>

In 1957 he founded the “Society of Psychological Hypnosis” as he made outstanding clinical successes, and his methods were called Ericksonian hypnosis, which was strongly embedded in other contemporary approaches such as neuro linguistic programming (NLP) ⁷. Since then, the science of hypnosis has been developed rigorously.

3.1.5.1 Exceptional Growth ¹⁶

In 1960 Erickson explained in an interview about a 20 years old man who grew 12 inches (30,40 cm) in height in one year. This young man came to Erickson on the first sessions of hypnotherapy convinced that he would always be shorts and there would be no way Erickson’s work could do even the slightest growth.

For example, he described the room as if he were standing beneath a table or as if he was at the same height as a cow’s udder from his farm. So, growth began to take place when Erickson encouraged him to hallucinate his world as though he were standing part way up a staircase.

3.2 Differences between nowadays hypnosis and last century’s ¹⁸

We call “Traditional Hypnotherapy” when you are watching stage hypnosis with a hypnotist saying to their patient something like “you will feel completely relaxed, now go deeper and deeper...”, whereas “Modern or Ericksonian Hypnotherapy” is a completely different approach. These are also known as the direct or authoritative hypnosis and indirect or permissive hypnosis.

Traditional hypnotherapy consists of telling the patient what to do in the hypnosis session and guiding them through it all as the example said before and work on the premise that you can simply instruct the unconscious mind and it will follow willingly. In the case of hypnosis it mostly worked on people who believed it would work.

This type of hypnosis has been named “nondeceptive placebo” because the patient feels better about the problematic situation they came with but without any new skills or significant changes or intervention taking place, in conclusion it does not focus on addressing the individual needs but rather a generalized symptom removal.

7. Neuro linguistic programming (NLP): a pseudoscientific approach to communication, personal development, and psychotherapy. https://en.wikipedia.org/wiki/Neuro-linguistic_programming

Moreover, Modern hypnotherapy is a non-directive type of hypnosis, not like in traditional hypnosis where it tends to be very direct, it's a completely different approach, each intervention is adapted to the patient's needs and as a result, it tends to achieve much higher success rates.

This type of hypnosis is based on understanding what the patient needs, and what is unique about their situation. In modern hypnosis, you will help patients to change the way they perceive a situation and even build better cognitive skills around challenging circumstances.

Traditional hypnosis was a product of a society that accepted authority easily. This no longer happens, those days are gone. Even when you are telling a patient what is the right thing for them to do. Direct instruction tends to create resistance that gets in the way of a patient's results.

3.2.1 Hypnosis on the XX's ¹⁷

The interest in hypnosis began in the first decades of the twentieth century with World War I (1914-1918) and later on with World War II (1939-1945) used to help soldiers with their psychological problems caused by traumas during the war field.

Wingfield and Hadfield, two English psychiatrists, experimented with soldiers who had different traumas during World War I, by making them go back to the moment in which they had the traumatic experience and relieving them again (this is a hypnotic tool called *direct removal of the symptom* ⁸). It resulted in something really positive because it improved and in many cases completely cured the aftermath of the war.

In World War II, army psychiatrists noted that this technique was useful in resolving traumatic states called "trench and battle fatigue", "combat stress reaction" and "shell shock", which would later be known as Post-Traumatic Stress Disorder.

In the 1950s, hypnosis became highly popular and an investigative fever about hypnosis appeared. The prestigious *APA (American Psychiatric Association)* recognized the value of hypnosis as a legitimate therapeutic method. Nowadays a part of the American Psychological Association is dedicated to its study and research.

8. direct removal of the symptom: hypnotic cool that consists of repeating a traumatic experience with the purpose of getting over it. <https://pubmed.ncbi.nlm.nih.gov/15190728/>

The British Medical Association (BMA) made an excellent report on medical hypnosis in 1955. The Board of Directors of the American Medical Association (AMA) approved hypnosis as a treatment in 1958, recommending its study in a medical school for the first time. In 1959, the first scale to measure susceptibility to hypnosis was published by Stanford University.

3.2.2 Hypnosis nowadays ¹⁷

Currently, study and research in the hypnosis' field are in good health. In recent decades, leading international groups of health professionals have publicly expressed their recognition of the therapeutic usefulness of hypnosis, including the ones said previously like, the American Medical Association or the British Medical Association.

Today there are countless scientific associations throughout the world whose purpose is the formation, development, teaching and application of hypnosis as one more technique within the field of medicine, psychology and hypnosis as such; hypnosis has also entered the scientific field as a full-fledged subject through the front door, that is, forming part of the academic theoretical corpus of many professionals in the Social, Behavioral and Health Sciences.

The historical analysis of the phenomenon of suggestion and hypnosis shows us its development and evolution and its qualitative and quantitative changes. Today, no one denies that suggestion acts on the psyche of people; which can influence the strength or intensity of psychic phenomena such as perception, memory, thought, feeling, imagination, will, among others...

Eventually, the use of hypnosis and suggestion as a psychotherapeutic resource has had to go through a path full of obstacles in its historical development, but its scientific character and therapeutic value have finally been verified.

4. HYPNOSIS IN THE WORLD OF FICTION ^{19, 20}

The media, and especially movies and television, are prone to transmitting myths and erroneous beliefs about hypnosis that pass through the general public and even health science professionals. These false statements are the origin of the fear some people have towards hypnosis.

4.1 How the cinema represents hypnotherapy ^{19, 20}

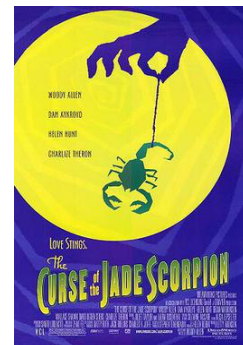
When the hypnotists appear on the screen it can be assumed that something bad is going to happen just by the way they introduce the topic. If their inducement has “magnetic” hand movements, the hypnotist is probably trying to induce someone to commit a crime or a negative action. If the hypnotist stares intensely, their intention is likely to seduce the client.

In fact, many of the inductions in the movies are similar in many ways with the eye contact that ethnologists call “copulatory staring”.

4.1.1 Examples ²¹

As a matter of fact, most of the movies that talk about hypnosis or hypnotherapy are giving it a negative focus, which misleads information about the subject, even though all movies are not like this, some of them give a chance for people to learn and to be educated about hypnosis and show how it truly is. So, to prove the misconception cinema gives to hypnosis and hypnotherapy, here are some movies which shows it:

image 3: Poster of the movie “The curse of Jade Scorpion”



Fist movie is ***The curse of Jade Scorpion*** (Woody Allen 2001):

To put you into context the scene where hypnosis is referenced talks about our two main characters who are subjected to a show of hypnosis as amusement on a vacation. When they get to their homes, the hypnotists, through post-hypnotic suggestion, take over the couple by controlling and using them as if they were puppets to steal jewels and cover up their crimes.

Some hypnotic myths that can be promoted are that hypnosis is not a type of scientific psychology, these movie encourages people to think that those who practice it are showmen or just people who like to entertain and that the ones who improve with it are just ignorant people who don't know what they are doing. Another myth that boost is that when you are in a hypnotic state, the person who is being hypnotized has zero control over their body,

meaning that the hypnotist can make the hypnotized person commit criminal, antisocial or immoral acts or lead to social ridicule.

If we analyze it, we can say that hypnosis has always been a field where very prestigious scientists have studied on, however, it has been and will be used by people without professional qualification or without scientific knowledge about hypnosis with the purpose of performing shows, and in the worst cases, to take advantage of the weaknesses of some people and use it against them, like in the movie. The second myth is a very common misconception used in fiction as in literature and is the worst one because hypnosis (as well as hypnotherapy) basically increases the client's self control, in fact, the patient whilst being on the trance, can fall out of it and not follow the suggestions given by the hypnotists.



Image 4: Poster of the movie "Now you see me"

The second movie is a really famous and one that i am a big fan of is **Now you see me** (Louis Leterrier, 2013):

To, again, put you into context, in a scene of this movie the main character hypnotizes a couple of tourists for fun and takes advantage of the situation to manipulate the couple and find out the man was cheating causing them to break up in front of everyone, but later, through post-hypnotic suggestion eliminated all memory of the brief spectacle.

It promotes every myth said about the previous movie which is shown in the way our main character shows that he has power over the couple and is able to manipulate them by using hypnosis.

If we analyze it, we can say that as in the previous film, we see again the use of hypnosis to make someone lose control over themselves for someone else's benefit.

image 5: Poster of the movie "The Hypnotists"

The third and last movie is called **The Hypnotists** (Lasse Hallström, 2012):

A little summary of the scene is that a therapist famous because of his achievements on recovering memory through hypnosis, hypnotizes a person who has been victim of a sexual assault and is now in a coma.



This specific scene promotes that hypnosis causes unusual, exceptional and almost magical reactions to people and also that hypnotherapy is extremely fast and easy and does not require any effort from the client to change behavior.

If we analyze it, we can say that a part from that fake belief of being able to hypnotize someone on a coma without having any power of mutual communication, the myth that hypnosis helps to recall forgotten memories in our brain is also frequent and very harmful when it is used by some hypnotherapist, who, in addition to showing a lack of knowledge of hypnosis, also show a broad ignorance about how memory works.

Scientific evidence proves that hypnosis doesn't increase the precision of a memory, in fact, that could cause the creation of fake memories falling in the mistake of considering that what is remembered under hypnosis is true.

4.2 3 Things Netflix's movie, *The Hypnotist* got wrong about hypnosis²²


1. You can be controlled by your hypnotherapist

Hypnosis is not mind control, as the movie "The Hypnotist" shows, hypnotherapist Lorraine McReight highlights in her article ["The truth about hypnotherapy - what really happens in the therapy room"](#) : "Someone who is having hypnosis is participating by choice and, while they are usually very relaxed, they remain in control. During a session, the hypnotherapist will make suggestions which you will be free to accept or to reject."

2. Hypnotherapists can put you into trance with a single word

This is completely false. In the movie said earlier it shows how the hypnotherapists with only one single word can put the patient into a trance state in which they have no awareness of what is happening, meanwhile in reality, this state-of-trance is a really relaxing and slow process.

Anna Gregory explain what it feels to be in a hypnotherapy session on her video

 [What really happens during a hypnotherapy session?](#) .

3. A hypnotherapist can implant their own memories

Towards the end of the film, we see that the hypnotherapist has implanted some of his own memories into his clients, making them think it's their own memories. This is, once again, not something that can happen during hypnotherapy. As mentioned previously, we can keep control over the hypnotherapy session and we can only take on suggestions if we are comfortable with them.

5. PRACTICAL PART

I decided to divide my TR in two parts. The first part consists of a survey to ask people what they think about hypnotherapy, and the second part consists of 4 interviews, two interviews with two specialists in hypnotherapy, and two patients who have used hypnotherapy in their past.

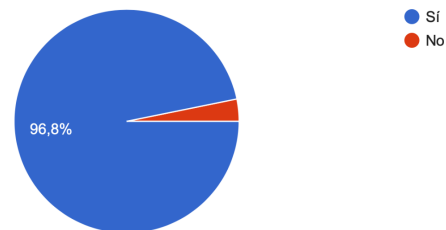
5.1 SURVEY: How hypnotherapy is perceived by the population of Barcelona

As a part of this subject, I wanted to know how much the cinema has influenced on people's vision and opinion about hypnotherapy and hypnosis, so, as a solution to that matter, I created a [Google forms](#) to know how much people know about hypnotherapy and if their knowledge about it is related to what the cinema shows us.

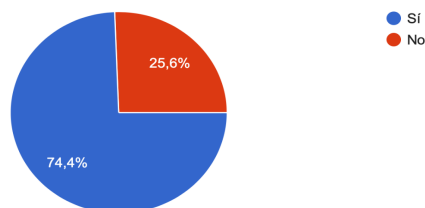
I received 125 answers to my questions and here are the conclusions I made:

On my first two questions I asked if people knew what hypnosis and hypnotherapy is as starters, I expected most of the people to know about both

¿Sabes qué es la hipnosis?
125 respuestas



¿Sabes, entonces, qué es la hipnoterapia?
125 respuestas



subjects, but to my surprise more people knew about hypnosis than about hypnotherapy as it is shown on the graph.

121 out of 125 people knew what hypnosis was while only 93 knew what hypnotherapy was.

As the form continued I decided to ask where has people heard the word "hypnotherapy" not knowing how many people didn't even hear of it, as a result 25% of people said that they have never heard of hypnotherapy meanwhile almost half of the people said that they heard it on the TV, which was a pleasant answer for me because that meant that their idea of hypnotherapy could possibly be distorted by what the cinema has shown them. And

finally , more than a quarter said different reasons like on the internet, at the hospital, from friends, on books, radio, etc...

¿Dónde has escuchado el termino "hipnoterapia"?

125 respuestas



My last question about this was the most important one because it made me see what I wanted to know from the beginning, what people thought about hypnotherapy and why some people wouldn't be able to go to a hypnotherapy session, and some of the answers showed the true colors of the big misconception people have about hypnotherapy:

The big majority of people believe that in hypnotherapy you lose control over yourself and that you can be manipulated by your hypnotherapist. Here are some examples:

QUESTION: What do you think happens during a hypnotherapy session?

Te desconectan de la realidad?

"Do they disconnect you from reality?"

Que mediante puntos sensitivos del cuerpo se puede llegar hacer que el subconsciente haga las órdenes que otra persona le diga

"Through sensitive points of the body you can make the subconscious follow the orders that the other person has commanded."

la persona entra en un estado de trance y el que lo hipnotiza puede hacer lo que quiera co esa persona

"The person enters a state of trance and the one who hypnotized them, can do whatever they want with that person"

S'afluixa el control sobre el subconscient

"The control over the subconscious is loosened"

Entrar en un estado, que tú cuerpo pierde el control de tu mente

“You enter a state where your body loses the control of your mind”

Es per la consciència i ja no ets tu i et poden manipular.

“You lose your consciousness and you are not you anymore, they can manipulate you”

Pues que bajo unos efectos de algún truco o algo quedas fuera de si

“Under the effects of a trick or something like that you get knocked out”

El paciente entra en un estado de inconsciencia con la finalidad que el terapeuta lo ayude para superar problemas psicológicos, dolor...

“The patient enters a state of unconsciousness in order for the therapist to help them overcome psychological problems, or pain...”

What all of these guesses have in common is the belief that you don't know what's happening during a hypnosis session or you lose consciousness and control over yourself which are wrong guesses because it's the complete opposite. You are aware of what's happening and you can stop the process whenever you feel uncomfortable or simply want to stop. These false beliefs are generally caused by the cinema industry where they have always shown hypnosis as a way of manipulating someone to do something they don't want to, for example in the first one, they said they disconnect you from reality, that's where we can see the influence of fiction from the cinema.

But besides these answers, I got some that did know what hypnotherapy is or at least they had a close idea. Here are a few:

Es un método sugestivo. Si es solo una sesión entiendo que primero ha habido estudios previos sobre el individuo a tratar. Y en la sesión se produce la relajación del paciente y la inducción a ciertos comportamientos mediante la acción sobre el subconsciente.

“It's a suggestive method. If it's only one session I understand that first there's been previous studies about the person who is being treated. In the session the patient gets relaxed and certain behaviors are inducted through the action on the subconscious.”

Supongo que es igual que hipnosis. Y se somete al paciente a un estado de relajación profundo para ayudarlo a superar trastornos emocionales, dejar de fumar y hasta dolores físicos.

“I guess it's the same as in hypnosis. The patient is put through a state of profound relaxation to help them get over emotional disorders, or to help them to stop smoking and even physical pain.”

Se practica la hipnosis para tratar ciertas patologías o afecciones de la persona (tratar miedos, ayudar a la persona en situaciones estresantes para ella (cita en el dentista, por ejemplo).

"Hypnosis is practiced to treat certain pathologies or conditions of the person (to treat fears, to help the person in stressful situations for them, for instance, going to the dentist)."

Supuestamente, te hipnotizan y esa circunstancia se aprovecha para trabajar traumas o recuerdos que no salen a la luz en un estado consciente. También se utiliza para relajar la mente en periodos de estrés grave.

"Supposedly they hypnotize you and that state is beneficial to work on traumas or memories that don't come to light in a conscious state. It is also used to calm the mind in periods of severe stress."

He hecho y es una relajación profunda donde accedes al inconsciente. En la que yo hice, era consciente en todo momento de lo que iba pasando en la sesión.

"I did one and it's a deep relaxation where you get access to the unconscious (I think they meant subconscious). In the one I did, I was conscious all the time about everything that was going on."

Se usa la hipnosis para ayudar con problemas de fobias, adicciones, etc

"They use hypnosis to help with phobias, addictions, etc..."

Que el paciente entra como en un estado de trance y con la ayuda de visualizaciones entre otras el terapeuta puede trabajar aspectos de tu psique

"The patient enters a state of trance and with the help of visualizations, among others, the therapist can work on aspects of the psyche."

En un ambiente relajado y con pocos estímulos sensoriales externos (a veces sonidos relajantes de fondo) el hipnoterapeuta te conduce mediante su voz a un estado de relajación cercano al sueño donde la parte consciente de nuestro cerebro se relaja y el subconsciente es más "vulnerable" o sensible a las indicaciones del hipnoterapeuta.

"It's a relaxing atmosphere with less external sensory stimuli (sometimes with relaxing sounds on the background), the hypnotherapist leads you through his voice to a relaxation state close to a dream where the conscious part of our brain gets relaxed and the subconscious is more "vulnerable" or sensitive to the hypnotherapist's suggestions"

Supongo que primero te preguntan que es lo que te gustaria "curar" y que despues te "hipnotizan" de alguna manera. Mientras estas en ese "trance" te dicen cosas para que tu mente las adquiera y asi esperar que funcione una vez salido de la hipnosis.

"I guess they first ask you what would you like to "heal" and later they "hypnotize" you somehow. While you are on that "trance" they say things so that your mind acquires them and then wait to see if it worked out once you get out of the hypnosis"

I chose these answers out of all of the 125 answers because they were the nearest guesses to what happens when you are hypnotized. They are all correct answers because they are

all implying that hypnotherapy is not a one-person-job; the hypnotherapist is not there just to manipulate the patient without them being aware of the situation. The patient's mind and body need to be involved to get to the hypnosis state.

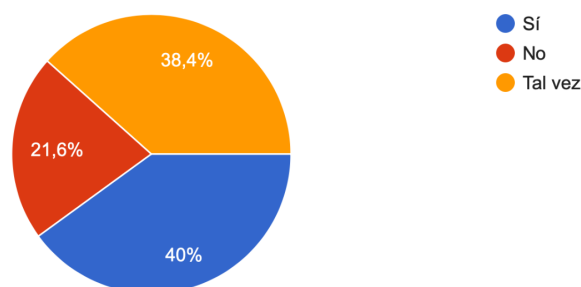
They also said something really accurate too, they said that hypnotherapy is mostly used to cure something or to help the patient with a problem they might have. They all see hypnotherapy as a positive way to help someone, not just a way to control the patient or to have the hypnotherapist do whatever they like with the patient. What I wanted to show with this TR is that hypnosis is not bad, and hypnotherapy neither, it is a way to help people in a more natural way and that's what most of the people who answered my question indicated or implied.

Even though I got really positive answers on the last question, the next one was quite concerning because more than a half of the people who answered said that they weren't sure about trying a hypnotherapy session, specifically, a 38,4% (48 people) clicked the "maybe" option and 21,6% (27 people) clicked the "no" option, whilst less than 50% of the answers clicked the "yes" option (50 people):

QUESTION: Would you be interested in going to a hypnotherapy session?

¿Estarías dispuesto a acudir a una sesión hipnoterapéutica?

125 respuestas



As a response to that, I asked the people who answered "no" why they did that, and most of the answers admitted that it was because of ignorance or they didn't need it or simply because they are not interested in that right now. But some of the responses were different, here are some of them:

M,agrada estar conscient

"I like to be conscious"

No me gusta la idea de ser psicológicamente vulnerable frente a alguien que no conozco durante el tiempo que sea. Y he oído que es muy caro

"I don't like the idea of being psychologically vulnerable in front of someone I don't know for whatever time. And I heard it is also very expensive"

No creo necesitar terapia y en caso de necesitarla preferiría otra que tenga el respaldo de la comunidad científica.

"I don't think I need therapy but if needed to go I would prefer another one that has the scientific community support."

Miedo

"Fear."

Quizás hemos visto demasiadas películas sobre el tema y a partir de ahí todos tenemos que pueda salir algo a la luz que no nos gusta de nosotros mismos.

"Maybe we've seen too many movies about this subject and from there we all fear that something we don't like about ourselves comes to light."

No me gustan las situaciones en las que no pueda controlar mis emociones, me sentiría vulnerable

"I don't like the situation where I can't control my emotions, I would feel vulnerable"

No quiero q me controlen

"I don't want to be controlled over"

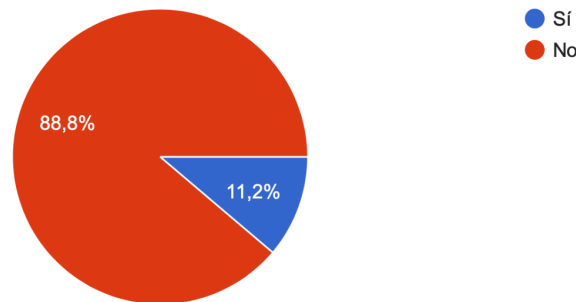
I truly believe this is pure ignorance but without being admitted because most of these answers just don't make sense, for example the third one where they imply that hypnotherapy doesn't have the scientific community support when it indeed has, in fact the [Cleveland clinic](#) said in 2022 *"Scientific evidence supporting the benefits of hypnotherapy has been limited, but is growing: Some studies show "promising" results or "may be helpful in" conclusions."*

The penultimate question was specifically for people who had been to a hypnotherapy session, so, as expected, 88,8% of people said "no" (111 people), but a 11,2% (14 people) said "yes":

QUESTION: Have you ever had a hypnotherapy experience or related with hypnosis?

Has tenido alguna vez alguna experiencia hipnoterapéutica o relacionada con la hipnosis?

125 respuestas



For the people who answered “yes” I wanted to know how their experience was so that’s what I did on my last question specifically for the people who said yes. Here are most concrete results:

En clase de psicología me hipnotizó el profe y acabé llorando, no sé porqué pero me sentí muy liberada.

“In psychology class, my teacher hypnotized me and I ended up crying. I don’t know why but I felt really relieved.”

Yo deje de fuma
Nunca pensé que ese hombre iba a conseguir que yo dejara de fumar
Ni siquiera me tocó

“I quit smoking, I never thought that that man was going to make me stop smoking, he didn’t even touch me.”

Yo no,pero se lo hicieron a mi hija,su psicologa y le fué muy bien para su ansiedad

“Her psychologist did it to my daughter and it turned out pretty well for her anxiety”

Me funcionó muy bien. Hice 4 sesiones para superar el miedo al avión y volvé sin problemas durante 5 años.
Ahora es cierto que se me ha vuelto a despertar y volveré a hacer.

“It worked really well. I did 4 sessions to get over the fear of flying and I flew with no problem for 5 years. Now, it’s true that this fear came again and I will do hypnotherapy again”

Tenía un dolor de cuello debido a una caída de la infancia. En esa caída me empujaron, tuve miedo de hacerme daño y los demás niños se burlaron ya que también tengo el ojo torcido. Me ayudaron a sentir como me sentí, aceptar mi ojo, dejar de tener miedo, perdonar y dar gracias. Se me fue el dolor de la cuello y mi ojo se desbloqueó entrando mas luz en el.

“I had a sore neck due to a childhood fall. In that fall, I was pushed, I was afraid of hurting myself and the other kids made fun of me and because I have a crooked eye. They helped me feel how I felt at

that time and accepted my eye. I stopped being afraid, and learned how to forgive and say thank you. The sore neck disappeared and my eye improved by being able to enter more light on it.”

Fue un ejercicio relajante y práctico

“It was a relaxing and practical exercise.”

En mi caso elegí la hipnoterapia como ayuda a la deshabitación tabáquica y lo conseguí durante unos meses

“In my case, I chose hypnotherapy for a tabic detoxification and I achieved it for a bunch of months”

Fueron unas sesiones para dejar de fumar y no funcionó, tampoco me sentí diferente. Durante unas pocas semanas no fumé, pero fue a fuerza de una gran voluntad y esfuerzo, no sentí que las sesiones me lo hubiesen facilitado.

“It was a bunch of sessions to stop smoking and it didn’t work, it didn’t feel different either. For a few weeks I didn’t smoke but it was thanks to good willpower and effort, I didn’t feel like the sessions made it easier for me.”

Fue un juego "hipnótico". En una comida familiar había una persona que se dedicaba a anestesiar con hipnosis y hizo unos juegos conmigo. Hizo que no pudiera levantar la mano de la mesa. (Ara m,he enrecordat d,això Núria sóc la tieta Marta 😊)

“It was a “hypnotic game”. At a family dinner there was one person who anesthetise people with hypnosis so he made some games with me. He made me unable to lift my hand from the table.”

52 INTERVIEWS

5.2.1 Analysis and conclusions of the Interview with Dr. Nick Bullock

From my point of view, Nick Bullock was the best help I could ever receive. The interview was made by *meeting* face to face, and he gave me permission to record the whole interview. He is a man who really loves his job and wanted me to really understand what he was saying. I collected a few points about my interview with him that surprised me or I simply didn’t know about.

Nick made me realize how much hypnosis is present in our daily lives, let me explain, as he mentioned in the third question how you can be in a hypnotic state just by being focused on one thing, even though it’s a low level of hypnosis, it is still hypnosis. So that made me think of the number of times I’ve been in a hypnotic state and that for so many people hypnosis is a joke but in the end, we all go through it. For instance, I love cinema and I like watching movies as often as I can, so when I’m watching a film, I only pay attention to the film because I hate having distractions around me. I get so focused on the film that I completely

drift away from the real world; so now, with the knowledge Nick has given me, I now know that, in a sort of way, I was being hypnotized by the film.

The thing that also surprised me about Nick is how he is also a patient of hypnotherapy and how that has changed some habits in his life with the power our minds hold, for instance, in question 2, he mentioned that for a marathon he wanted to run, he had to prepare for it. So he prepared mentally, as well as physically with the help of hypnotherapy, he says that he did a mental preparation because he had never run a marathon before and that in the end, he stuck with some habits he started for the marathon and kept them for his day to day life, for example, the glass of water every morning. That's something he shares with Silvia Rodriguez, they both applied something they got from hypnotherapy to their daily lives and made them better in a way.

I've also wanted to point out that how anxiety is one of the most suggested problems to solve in hypnotherapy, I have anxiety and it's really hard to deal with it nowadays with the influence of the fake things we see on the internet and the things that are expected from our generation, so thanks to this interview I have learnt a way to cope with all of my anxiety because, as Nick said in the interview, the majority of people who suffer from anxiety and resort to hypnotherapy have had a positive outcome.

So I would say this interview has taught me a lot, and I'm very grateful that I could talk to a native English speaker about something that interests me so much.

5.2.2 Analysis and conclusions of the Interview with Dr. Julio Berbegal

The interview with the psychologist Julio Berbegal was the second interview I made and the process was really quick. To be honest, even though he specialized in hypnotherapy, he was the least fruitful of the 4 interviews. However, I did learn a couple of things.

He and Nick make the same point on the different levels of hypnotherapy, that one of them could be just focusing on one point without any distractions, yet, Julio further enlarges these levels of hypnosis by saying that hypnosis can appear in two different ways more, one would be the hypnosis where you are conscious about doing it (you are in a full session of hypnotherapy) and the other one is the entertainment one, where people use the hypnotic phenomena to entertain an audience mocking hypnosis. I liked that he pointed out this last part of how hypnosis is used because it's something now many people notice and that hurts the image of hypnosis and hypnotherapy.

I'd like to point out that while Julio says that the learning of ourselves is something impossible with hypnotherapy, Nick says that it is possible to learn more things about yourself and even to grow self-esteem. I'm on Nick's side on this, with all the research I had

to do in this project, I would also say that with hypnotherapy you can learn new things about yourself and grow as a person because when just as you make the first hypnotherapy session you can only get better, and go higher, and we don't know the capabilities of ourselves until we try ourselves, so that's why I think that with hypnotherapy you can learn new things about yourself, because you don't even know where your limit is.

So in general I didn't learn as much as I did with Nick but he showed me a different focus of hypnosis, which is always good to get as many perspectives as possible.

5.2.3 Analysis and conclusions of the patient Laura Ordeño

Laura's answers were short but precise. She found out about hypnotherapy because of his hypnotherapist friend, Julio Berbegal and she says she could achieve her goal for at least some time. She wanted to quit smoking and so she did.

I've got a really positive response based on her experience from Laura because through the whole interview she expressed how grateful and happy she was with the experience and how relaxed she felt, for example, in the 5th and the 8th question she repeats herself saying how relaxed and how comfortable she was based on visualizations.

I will feel forever grateful I got to make her an interview because it has given my hypothesis a true point because, even though after 4 months she relapsed on quitting smoking, she achieve her goal for a period of time and, most important thing, she had a really positive experience and she got to use the hypnotherapy skills she had learnt on her past sessions as she said in question 2.

5.2.4 Analysis and conclusions of the patient Silvia Rodriguez

Silvia was an exceptional case. In the best way possible, she turned to hypnotherapy because she needed help with her second daughter's birth, although we nearly didn't make the interview because she was really busy, it was lovely to know about her case.

This wasn't the first hypnotic experience she had had, Silvia mentions in question 1 that in her job, this is already seen in some way, and that's good because it just bucks up the fact that hypnotherapy and hypnosis, both are in the scientific field.

She shares lots of things with patient Laura Ordeño, but one thing they both agree on most is how relaxing and peaceful the experience was, how they felt no pressure, and was so de-stressing.

One thing that surprised me about Silvia's experience is how much it has changed her life now. In the 6th question, she says how she had anemia before giving birth, and afterward, it all disappeared, amongst other things. I find that amusing and very interesting that she gained so much knowledge and growth over the course of 5 months using hypnotherapy daily (I suppose).

During the interview, she keeps repeating how her first birth had nothing to do with the second one and that's all thanks to the skills she had been learning for the past 5 months. This made me learn the importance and the impact that hypnotherapy can have on someone. And I believe that this is something everyone should know about, for all women out there who want and can have children but are too afraid because of the pain or the risks that come with it, as Silvia described, this is a much more natural way to prepare yourself and enjoy bringing to life your children.

This interview has taught me a lot, but the most important thing is that she opened a whole new world to me. If I ever want and can have children I will 100% want the help of hypnotherapy by my side. I'm very grateful I got to know this application of hypnotherapy.

6. CONCLUSIONS

In order to conclude this work, I will try, using all the knowledge I have obtained by working out both the theoretical and practical parts, to answer the questions I posed at the beginning of the work.

My initial interest in this subject was to answer the question “Is hypnotherapy effective?” and because it is a fairly unknown topic, so I wanted to learn if the fact that hypnotherapy is so unknown was related to its effectiveness. I also wanted to learn how it works because it amused me how hypnosis could match therapy. So all of those goals I wanted to accomplish I formulated my hypothesis: Hypnotherapy is effective even though society has a long way to go because it is not perceived as a real alternative.

My theoretical part consisted in 3 categories: Topic Introduction, Hypnotherapy and hypnosis in the 21st century and Hypnosis in the world of fiction. This part gave me the knowledge I needed to make the practical part with good bases and let me discover how many possibilities hypnotherapy and hypnosis have.

Moving on to my practical part, I needed to make something that could help me refute or affirm my hypothesis. So the first thing I needed to know is how people see hypnotherapy and why they see it that way, that's why I made a survey which led me to some conclusions; although most of the people knew what hypnosis and hypnotherapy is, there were still some who didn't even know what it was (that gave me a hint on where the survey was going to), I then proceed to ask where they heard the concept of hypnotherapy, and I could see the amount of misinformation people had on that matter, 25,6% said they've never heard it before, meanwhile almost half of the people said they heard the concept of hypnotherapy from the television (43,2%) so I realized that most of this disinformation people have is caused by what they hear and see on the big screen, which is not always true. Therefore there was half of my hypothesis completed, however the other part was still not done;

Since I couldn't see if hypnotherapy is effective or not by a survey, I had to deepen and find professionals to give me their view on that matter, and, most importantly, patients that had used hypnotherapy and had a final opinion on it. With the interviews with the two professionals I gained a much richer insight on hypnotherapy and hypnosis, although in a few questions they would not agree, I could say that I now know better what hypnotherapy is. But I must say that the patient's interviews were the most vital ones from the four of them because they could respond to my hypothesis. One observation I could make from

contrasting both of them is that, even though they had different experiences and reasons to use hypnotherapy, they both described it as a peaceful and relaxing technique that caused no harm and was useful for both of them.

So with everything I could extract from the survey and from the 4 interviews **I now can say that my hypothesis is true**, even though there will always be exceptions, I can affirm, after a long research, that Hypnotherapy is effective even though society has a long way to go because it is not perceived as a real alternative.

One last thing I wanted to point out about the final project I did is that this truly opened a door for me. I suffer from anxiety really badly and even though I went to the psychologist a lot of times, the anxiety would always appear again. So, thanks to the “TR” I can try this new concept I have learned from and have the assurance that it can most probably work with me. So I guess I just wanted to say that, even though this has been hard, I will be forever grateful I could explore such an amazing concept as hypnotherapy.

So, to finish this up, I would like to say that I quite enjoyed doing my “Treball de Recerca” because even though is a tough project were you have to work really hard on, the final product is satisfying and I have the feeling that I now know so much about something one year ago I barely knew about and it is amazing. Thanks to this project I am now more sure about where I want my future profession to look like, and that is in the field of psychology, and maybe in the future I can help spread the word of hypnotherapy more because it's something that deserves to be heard.

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Image 3:

The Curse of Jade Scorpion (Movie). Filmed in USA (2001): Woody Allen (103min)

Image 4:

Now you see me (Movie). Filmed in USA and France (2013): Louis Leterrier (115min)

Image 5:

The Hypnotists (Movie). Filmed in Sweden (2012): Lasse Hallström (120min)

8. ANNEXES

8.1 Interview with Dr Nick Bullock

Could you make a little introduction about who you are? Name? Age?...

I am a full member of the Association for Solution Focused Hypnotherapy, The Complementary and National Healthcare Council and the National Board for Modern Psychotherapy, and I hold a clean certificate with the Disclosure and Barring Service.

I have two children, Honey and Jed, and they are the center of life. I like to hike, play tennis and do more indoor riding rather than outdoor. I'm a big believer that engaging in therapy and maintaining a healthy mental state is an exercise for all to benefit from and so I practice a daily routine of self-hypnosis and take regular therapy sessions as well, both face-to-face and online.

1- As an expert on this subject, I would like to hear from you, about how hypnosis works?

If we talk about hypnosis, we are separating it from hypnotherapy in some ways. Several different things happen:

It's a very heightened state of awareness so during hypnosis you tend to go to a state of mind that's very real, very calm, you normally close your eyes, and you won't be listening to anything else apart from the hypnotist's voice. You thrive into a much more relaxed space and because of that, your mind can be very self-reflective to go into those states of thinking where the patient is incredibly focused on one thing, probably more than in a conscious state.

Hypnosis does many things, a lot is going on generally you are just trying to make someone be in a state where they can just shut down the rest of the world and become much more internally focused on their thinking and so, their mind processes information at a stronger rate because you are removing all their surroundings.

2 - Have you ever experienced a hypnotherapy session or have you ever been directly hypnotized? If so, could you explain what your experience was? mentally speaking (what went through your head)? Or else, could you briefly explain what the patient can feel in a session?

I'll speak from my own personal experience. What clients tend to feel can be very individual and have a lot of variation from one experience to another so I think it's best if I probably give it to you from my perspective. So the experience for me during the hypnosis itself is initially you tend to go to these first thoughts like "Is this working?" "What's supposed to happen" "Should I do something?" but then when you begin to let go it doesn't matter where you go, sometimes you go to a very deep state where usually you can't remember anything at all, that's more my experience but it can be different from session to session.

I've taken sessions in the past not just for training but also because I like hypnotherapy sessions from time to time. To give you some context one of the reasons I went with it initially (5 years ago) was because I wanted to run a marathon and I wanted to be both physically and mentally prepared as best as I could, so I did weaky sessions and my intention was just to see how it could help with the mental side of running a marathon. Initially, I started doing hypnotherapy sessions to look at what was working and what wasn't in my life, what would i like to improve, but as time passed, we started working more directly with the race itself so it would be things such as understanding the course that I was gonna run (what are we looking at, how was I gonna do it) so it was almost like training myself in my mind before I actually physically went to do it.

You can see an example of what I was trying to do in a study where they had 2 groups of people, one group learn how to play a very simple piano one handpiece and the other one would show them how to do it so they would have to constantly think about it, so basically one group was physically practicing it while the other was mentally practicing. There was no difference between the ability of one group to the other when they got to play the piano part both groups had to learn. So rehearsing something in your mind is almost as good as actually physically practicing it.

Fun fact: I, in fact, did not run the marathon because of an injury I got but funny enough one of the things I did work on is that I didn't want to drink water from the 1-2 miles of the marathon because I didn't want to go all sweaty and like heavy for the beginning of the race, so the only way I could be fully hydrated before I started the race was drinking 1-2L of water every day. One of my goals became to drink more water every day so the way to start that habit was to pour a glass of water the first thing in the morning. And today, 4 years later, I still do that so what I want to say with all of this is that, once you create in your mind something that's very helpful very useful it's hard to let go of it, so once you form an idea that is good for you, your mind doesn't want to stop so you start doing it unintentionally.

3 - Can everyone experience hypnotherapy?

You will always get people telling you: "Oh no this was impossible for me" and things like that, and those kinds of people are the ones who are not willing to even try. It's considered that about a $\frac{1}{3}$ of people can not be hypnotized, however, there are different degrees of hypnotizability so some people are much more hypnotizable than others and others can be hypnotized but maybe not in the same depth but if you ask someone if they can be hypnotized and they respond with a "no", try asking them if they had ever fallen into a deep sleep of just focused into something so much (for instance a book) that they completely drift away from reality, and their answer would probably be "yes", so that means they can be hypnotized because that's a degree of hypnosis, you are considered to be absorbed in a situation and have all your focus on one thing.

So I've never met anyone who's come to me and couldn't be hypnotized in some way so I believe that everyone can be hypnotized if they are willing to.

4 - To what extent can hypnosis help us to grow our self-awareness?

It can help with all sorts of concerns like confidence or self-esteem and doubts about ourselves however I think it would be different to each person. But yes, I've got feedback from people saying that they feel more confident with themselves or that they feel better about themselves and that leads to being better with your surroundings. But that's because we help people deal with anxiety or depression and so as the patient improves with these problems, their lives start feeling better and so themselves.

But as said earlier, all of these improvements depend on how much hope they have, their willingness, if they are open to it... all of these facts make a difference in helping someone move forward at the rhythm they would like to.

5 - What type of illness or psychological problem is normally treated in hypnotherapy?

I would say at the moment I see a lot of people who have anxiety worries and sleep issues. People also come for fear of flying which is a type of anxiety of some sort, OCD, obsessive thinking, negative thinking, weight issues (both underweight and overweight), stress in general...

So for stress you can divide it into 2 big categories. positive stress (simulations like excitements) and negative stress, which includes three big categories anxiety, depression and anger and inside these we can find the issues I told you about like OCD, weight issues...

But generally, in my personal experience, most people come for anxiety.

6 - What possibilities does hypnotherapy have? What do you get after a session?

Well it depends on the goal the patient wants to achieve and how involved they get because if they go only to one session maybe they don't get their results right away but if they are consistent and maybe go to 6-7 sessions their goal will be accomplished faster.

7 - What efficiency would you give to hypnosis from 1-10 based on the results or evolution behaviors that the patients have shown?

Well that's hard to say because I don't get that much feedback from people or sometimes people just make improvements and they go and you don't see them again but I'd say there's a high percentage of people that worked for them based on their charts of progress overtime, maybe they go up and down but at the end the big majority just goes up.

I can't give you any percentages to be honest but I would say it's pretty high.

8 - There are many myths that in hypnosis you lose consciousness, that it is not real, or that hypnotherapy is nothing more than deep sleep. How would you respond to these types of statements?

I can understand people's doubts or myths on this matter because most people's experience is what they've seen on television and so they just jump to conclusions based on their conclusions but if you just do a little research you will realize that hypnotherapy is considered as a serious therapy which is now being supported by the scientific community and that kind of blew those myths apart because there is a lot of evidence that it has a great and positive effect. So I do understand people's reservations in that area because for 20-30 years hypnosis has been seen as a joke basically and I think these myths would not be believed if people weren't so ignorant.

9 - Final question, being you a professional in this area and having already seen cases of people who have been helped by hypnotherapy, would you recommend it to someone in desperate need of help?

I'm a believer that other therapists can go better for someone than hypnotherapy, depending on the person. I don't believe there's just hypnotherapy and that's it.

So if they are in desperate need, I just recommend seeking out a therapist of any sort. One of the keys to great progress these days is less the approach, and more the therapist. I don't remember the man's name but there's a really good MD in America that said: "If you look at the top 10 things to look at if you're trying to find the right therapist the first thing would get

along well with your therapist". So that means that the key to moving forward well is not based on the therapy you chose, but on how well you get along with your therapist, amongst other things of course.

So hypnotherapy I'd said it would be one of the approaches that can be good for someone but actually it's just to trust your instincts and do a little bit of research into different therapies.

8.2 Interview with Dr Julio Berbegal

CASTELLÀ

¿Podría hacer una pequeña introducción de quién es? ¿Nombre? ¿Edad? ¿Entorno?

Como habrás podido ver en nuestra web, (www.tandempsicoterapia.com) soy psicólogo y psicoterapeuta, a lo largo de estos últimos 20 años mi actividad profesional ha ido evolucionando en función de la formación continuada y la orientación hacia temáticas relacionadas con el trauma psicológico. Durante estos años el uso de la hipnosis también ha ido variando.

1 - Como experto en este tema, me gustaría saber de ti, ¿cómo funciona la hipnosis?

En primer lugar, comentar que al responder a estas preguntas voy a dar mi visión de la hipnosis, en psicología no hay verdades absolutas, y puede haber distintas conceptualizaciones de un mismo tema.

La hipnosis en sí misma no es una terapia, es una técnica, una herramienta más para ser incluida en un proceso terapéutico.

2 - ¿Alguna vez has vivido una sesión de hipnoterapia o directamente te han hipnotizado? ¿Si es así podrías explicar que viviste mentalmente (que pasó por tu cabeza)? O sino, ¿Podrías explicar brevemente qué es lo que puede llegar a sentir el paciente en una sesión?

Se podría decir que todo el mundo ha experimentado fenómenos hipnóticos, la hipnosis es una capacidad natural en nuestro sistema nervioso. Un estado de focalización sostenida de la atención, algo que todos hemos experimentado, en la lectura de un libro, el cine, cuando uno está ensimismado en sus pensamientos...en definitiva cuando algo nos absorbe,

perdemos el mundo de vista, nos varía la percepción del tiempo etc..

Por otro lado está la hipnosis aplicada de una manera más formal en una sesión de terapia, cuando el terapeuta facilita la llegada a ese estado con un objetivo terapéutico, (aunque esto también depende del enfoque teórico del profesional, dado a que en los enfoques de hipnosis más naturalísticos no se hace una inducción hipnótica tan ritualizada)

Por último está la hipnosis de espectáculo, que usa los fenómenos hipnóticos para el entretenimiento, algo que en mi opinión genera mucha confusión y lleva a visiones erróneas de la hipnosis, como las que se ofrece en algunas películas e historias, que son únicamente eso historias y películas para entretener al espectador.

3 - ¿Todo tipo de personas pueden ser capaces de experimentar el verdadero sentimiento o propósito de estar hipnotizado?

Sí, algo muy importante es saber que toda hipnosis es autohipnosis, como he dicho es una capacidad que tenemos, el terapeuta no *hipnotiza* a nadie, solo facilita y crea el contexto para que la persona experimente lo que cree necesario en el curso de la terapia.

4 - ¿En qué medida la hipnosis puede ayudarnos al crecimiento de un autoconocimiento de uno mismo?

La idea de que con la hipnosis puedes descubrir cosas sobre ti mismo o alterar tu autoestima, es algo irreal.

5 - ¿Qué tipo de enfermedad o problema psicológico se trata normalmente en la hipnoterapia?

Hay determinadas problemáticas que cuentan con investigación al respecto, pero en sí puede usarse en cualquier trabajo terapéutico, de hecho podría decirse que en toda sesión de psicoterapia está incluida la hipnosis, aunque no se haga una inducción hipnótica de manera formal siempre hay focalización, sugestión e influencia mutua de manera constante dentro de un proceso terapéutico.

6 - ¿Qué posibilidades tiene la hipnoterapia? ¿Qué consigues después de una sesión?

Depende del objetivo de la sesión, puede haber ocasiones en la que se busque ayudar a reforzar, relajar y ofrecer sensaciones agradables para la persona, y en otras ocasiones no es tan agradable cuando se trabaja con un recuerdo traumático por ejemplo.

7 - ¿Qué eficiencia le darías a la hipnosis del 1-10 basándote en los resultados o comportamientos de evolución que han mostrado los pacientes?

Como he comentado, no uso la hipnosis como único abordaje, sino que es una técnica más que puede ser incluida o no en un proceso de terapia.

8 - Hay muchos mitos sobre que en la hipnosis pierdes la consciencia, que no es real, o que la hipnoterapia no es nada más que un sueño profundo, ¿que responder a este tipo de afirmaciones?

Sí, y esto es muy importante, es algo promovido por esas visiones (interesadas) más mágicas y sobrenaturales o directamente fantásticas. Ideas como que una persona puede perder su voluntad y verse obligada a hacer algo que no desea, que puede quedarse en trance y no salir de ese estado, que te duermen y pierdes el contacto con la realidad...no son ciertas.

9 - Última pregunta, siendo tu un profesional en este tema y habiendo ya visto casos de gente a quien le ha ayudado la hipnosis como terapia y a gente que a lo mejor no tanto, ¿lo recomendarías a alguien desesperado por ayuda?

No creo que ese sea el enfoque adecuado, pensar que con la hipnosis se pueden conseguir cosas sin esfuerzo, y que no pueden conseguirse con otras maneras, es un error. La hipnosis no es magia, es una herramienta terapéutica más .

ANGLÈS

Could you make a little introduction about who you are? Name? Age?...

I am a psychologist and psychotherapist, over the last 20 years, my professional activity has evolved based on continuous training and orientation toward topics related to psychological trauma. During these years the use of hypnosis has also varied.

1 - As an expert on this subject, I would like to hear from you, about how does hypnosis work?

First of all, I wanted to say that when I'll answer these questions I will be giving my vision of hypnosis, in psychology, there are no absolute truths, and there can be different conceptualizations of the same topic.

Hypnosis itself is not a therapy, it is a technique, another tool to be included in a therapeutic process.

2 - Have you ever experienced a hypnotherapy session or have you ever been directly hypnotized? If so, could you explain what your experience was? mentally speaking (what went through your head)? Or else, could you briefly explain what the patient can feel in a session?

It could be said that everyone has experienced hypnotic phenomena, hypnosis is a natural ability in our nervous system. A state of sustained focus of attention, something that we have all experienced, when reading a book, the cinema, when one is engrossed in his thoughts... in short words, when something absorbs us, we lose sight of the world, it changes the perception of time, etc.

On the other hand, there's the hypnosis applied in a more formal way in a therapy session, when the therapist facilitates the arrival to that state with a therapeutic objective, (although this also depends on the theoretical approach of the professional, given that in the approaches of more naturalistic hypnosis, it does not involve such a ritualized hypnotic induction)

Finally, there is show hypnosis, which uses hypnotic phenomena for entertainment, something that in my opinion generates a lot of confusion and leads to erroneous views of hypnosis, such as in some films and stories, which are only to entertain the viewer.

3 - Can everyone experience hypnotherapy?

Yes, something very important to know is that all hypnosis is self-hypnosis, as I said it is a capacity that we have, the therapist does not hypnotize anyone, he only facilitates and creates the context for the person to experience what he believes is necessary for the course of therapy.

4 - To what extent can hypnosis help us to grow our self-awareness?

The idea that with hypnosis you can discover things that you didn't know about yourself is something unreal.

5 - What type of illness or psychological problem is normally treated in hypnotherapy?

Certain problems have been investigated already, but they can be used in any therapeutic work, we can even say that hypnosis is included in every psychotherapy session, even if there is no formal hypnotic induction, there is always a focus, suggestion, and constant mutual influence within a therapeutic process.

6 - What possibilities does hypnotherapy have? What do you get after a session?

Depending on the goal of the session, there may be times when you seek to help strengthen, relax and offer pleasant sensations for the person, but other times it is not so pleasant when working with a traumatic memory, for example.

7 - What efficiency would you give to hypnosis from 1-10 based on the results or evolution behaviors that the patients have shown?

As I have said before, I don't use hypnosis as the only approach, but it is another technique that may or may not be included in a therapy process.

8 - There are many myths that in hypnosis you lose consciousness, that it is not real, or that hypnotherapy is nothing more than deep sleep. How would you respond to these types of statements?

Yes, and this is very important because it is something promoted by those whose points of view are more magical and supernatural or downright fantastic. Ideas like that a person can lose their will and be forced to do something they don't want, that they can stay in a trance and not get out of this state, that they put you to sleep and you lose contact with reality... these statements are not true.

9 - Final question, being you a professional in this area and having already seen cases of people who have been helped by hypnotherapy, would you recommend it to someone in desperate need of help?

I don't think thinking that with hypnosis you can achieve things without effort is the right approach, and that you can't achieve them in other ways, it's a mistake. Hypnosis is not magic, it is more of a therapeutic tool.

8.3 Interview with patient 1: Laura Ordeño

CATALÀ

Podries fer una petita introducció de qui ets? Nom? Edat? Entorn?

Em dic Laura Ordeño i tinc 53 anys, tinc dos fills, un de 9 anys i l'altre d'11. Treballo infermera i visc a Hospitalet de Llobregat.

1 - Per què vas recurrir a la hipnoteràpia? (Problema que volguessis "solucionar")

Vaig recórrer a la hipnoteràpia com a mitjà per a la deshabitació tabàquica.

2 - Vas aconseguir el teu objectiu? Si és que sí, segueixes mantenint-lo avui dia?

Sí, vaig aconseguir el meu objectiu però al cap de quatre mesos vaig recaure. Tot i així sempre he pensat que la hipnoteràpia em va ajudar a aconseguir-ho definitivament, el recaure penso que va ser part del tractament per després portar a terme les eines que havia après a les sessions.

3 - Quina eficàcia li donaries, doncs, a la hipnoteràpia basant-he en els teus resultats personals? Et va ajudar? O t'esperaves un altre tipus de resultat?

En el meu cas ha tingut una gran eficàcia, em va ajudar amb el meu objectiu.

4 - D'on vas saber de la hipnoteràpia?

El terapeuta és amic meu i m'ho va oferir.

5 - Senties cap mena de sensació durant el teu procés hipnòtic? Si és que sí, podries explicar una mica que vas sentir en el moment?

Sentia una relaxació total a partir de les visualitzacions.

6 - Vas tenir cap mena de “efectes secundaris”? Ex: s’ha dit que molts pacients després de varies sessions hipnoterapèutiques tenen dolors de cap o, inclòs, més ansietat de la que tenien...

PD: efectes secundaris també poden ser positius.

No recordo cap efecte secundari ni positiu ni negatiu.

7 - Hi va haver-hi algú del teu cercle que s’oposés a que tu participessis en una sessió d’hipnoteràpia?

No, en cap moment.

8 - Quina va ser la teva primera impressió sobre la hipnoteràpia? Ex: que pensaves que anava a passar, com t’anaves a sentir...

Sentia confiança plena, em deixava portar i em relaxava molt. Tot i que és veritat que al principi tenia la sensació que seria una sessió més 'paranormal', el meu coneixement previ al respecte era molt escàs.

9 - La teva primera impressió concorda amb la imatge que tens ara de hipnoteràpia?

Prèvi a la terapia tenia poc coneixement sobre el tema, així que podríem dir que la imatge que tinc ara de la hipnoteràpia ha estat a partir d’haver-la viscut en primera persona.

ANGLÈS

Could you make a little introduction about who you are? Name? Age?...

My name is Laura Ordeño and I am 53 years old, I have two children, one aged 9 and the other aged 11. I work as a nurse and live in Hospitalet de Llobregat.

1 - Why did you go to hypnotherapy? (Explain maybe the problem you wanted to “solve”)

I tried hypnotherapy as a means of quitting smoking.

2 - Did you achieve your goal? If the answer is yes, do you keep it nowadays?

Yes, I achieved my goal but after four months I relapsed. Even so, I have always thought that hypnotherapy definitely helped me achieve this. I think the relapse was part of the treatment to then carry out the tools I had learned in the sessions.

3 - So how effective would you rate hypnotherapy from your own experience? Did it help you or did you expect a different kind of result?

In my case it has been very effective, it helped me achieve my goal.

4 - Where did you hear about hypnotherapy?

The therapist is a friend of mine and offered it to me.

5 - Did you feel any sensations during your hypnotic process? If so, could you explain briefly what you felt at that moment?

I felt total relaxation from the visualizations.

6 - Did you have any "side effects"? For example, it has been said that many patients after several hypnotherapy sessions have headaches or even more anxiety than before...

PS: side effects can also be positive.

I don't recall any side effects.

7 - Was there someone in your circle who was against you participating in a hypnotherapy session?

No, never.

8 - What was your first impression of hypnotherapy? Ex: what did you think was going to happen, how did you think you were going to feel...

I felt complete confidence, I let myself go and I relaxed a lot. Although it is true that at first I had the feeling that it would be a more 'paranormal' session, my previous knowledge about it was very limited.

9 - Does your first impression match the image you now have of hypnotherapy?

Before the therapy session I had little knowledge on the subject, so we could say that the image I have now of hypnotherapy has been based on having the experience it first hand.

8.4 Interview with patient 2: Silvia Rodriguez

CATALÀ

Podries fer una petita introducció de qui ets? Nom? Edat? Entorn?

Em dic Silvia Rodriguez i tinc 39 anys, sóc psicopedagoga i terapeutalgestal, PNL, coach, el meu perfil és de psicopedagoga i treballa amb persones adultes acompanyant-les a millorar el seu dia a dia, els seus objectius, créixer com a persona, em dedico sobretot a temes de desenvolupament personal i gestió emocional.

1 - Per què vas recurrir a la hipnoteràpia? (Problema que volguessis “solucionar” o algo en el que volguessis ajuda)

Com a didacta de PNL, això està molt relacionat amb la hipnoteràpia ja que Erickson, el creador de la hipnoteràpia és també un referent en aquest camp, així va com vaig donar a conèixer la hipnoteràpia (encara que jo li diria hipnosis aplicada en diferents situacions).

Aleshores el meu primer contacte amb la hipnoteràpia es a través de regressions, jo vaig fer un postgrau en terapia gestual i dins d'aquesta terapia hi ha gent que treballa amb la hipnosis així que vaig fer-hi unes quantes sessions però allò va ser només per indagar el camp.

Després al meu segon part jo vaig fer temes amb hipnosis amb un programa que es diu hipnoparto (on t'ajudaven a com transcendir el dolor del part amb meditacions, estats de elacació...).

2 - Vas aconseguir el teu objectiu?

Sí, vaig tenir el meu segon part que res a veure amb el primer, en el que tot el que havia après, totes les meditacions, tot com l'estat hipnòtic el qual jo havia recorregut 5 meses abans del meu segon part, va tenir un efecte molt positiu a l'hora de donar a llum ja que és una cosa que no és que en aquell moment estiguis en un estat hipnòtic, però sí que és com

que estàs treballant constantment durant 5 mesos aquest estat hipnòtic, el que passa durant el part, no és des de la ment, sino que el teu cos ha memoritzat tot aquest estat.

3 - Quina eficàcia li donaries, doncs, a la hipnoteràpia basant-he en els teus resultats personals? Et va ajudar? T'esperaves un altre tipus de resultat?

Per mi, en funció de l'objectiu que estava buscant, va anar super bé. Jo em vaig preparar per saber controlar la respiració i estar més relaxada perque tot anès millor, per aprendre per dir-ho d'un altre manera, a "como surfear una ola". Jo tinc molta ansietat i doncs en el meu primer part on ho vaig passar molt malament, però de veritat que en el segon part amb l'ajuda de la hipnosis durant el procés no vaig tenir-hi cap d'ansietat, ni la vaig recordar.

No m'imaginava res la veritat, no anava amb cap expectativa. Tampoc m'esperava un altre tipus de resultat, a lo millor m'esperava que fos algo més gran o pesat però tot el contrari, va ser algo tan natural i amb tanta senzillesa i efectivitat.

Ho recomanaria a totes les dones que hagin de pasar pel procés del part i tinguin ansietat o directament vulguin "gaudir" del propi naixement del seu nadó.

4 - D'on vas saber de la hipnoteràpia?

Com explicava abans, la hipnosis és una tècnica que és recurrent en el sector professional en el que visc, així jo he estat envolta d'aquest concepte els anys que porto treballat i estudiant. També he de dir que jo soc meditadora, he fet retirs de meditació, medito molt i és una cosa que a mi m'ha ajudat molt amb la meva ansietat, així que d'alguna manera sempre he estat molt a prop de la hipnoteràpia però sense esperar cap resultat en concret, sinó com a dia a dia.

5 - Senties cap mena de sensació durant el teu procés hipnòtic? Si és que sí, podries explicar una mica que vas sentir en el moment?

Jo crec que aquesta és la clau precisament del procés d'hipnosi, sentir en funció de la teva realitat en aquell moment, sentir el que tu portes preparant per sentir durant X temps de manera natural (per a mi van ser 5 mesos com he comentat abans).

Va ser com molt plaent, de gaudir i d'estar tranquil·la, fins i tot jo tinc la sensació que en el meu part la meva preparació va ajudar a avocar totes aquestes sensacions que tenia diàriament en el meu dia a dia de plaer o felicitat el part i això també va fer que jo modifiqués el meu entorn a buscar o sentir més aquests petits moment de gaudir de la vida.

6 - Vas tenir cap mena de “efectes secundaris”? Ex: s’ha dit que molts pacients després de varies sessions hipnoterapèutiques tenen mals de cap o, fins i tot, més ansietat de la que tenien...

PD: efectes secundaris també poden ser positius.

No estic molt segura a que et refereixes com efectes secundaris, suposo que et refereixes a tot el que em va passar després, la relaxació del meu cos em va portar a estar molt destendida al dia a dia, també que em vaig curar de seguida i el meu cos va agafar un montón d’energia de cop, també que jo venia d’una anèmia bastant grossa abans del part i després del part se’m va anar, entre altres coses.

Això no sé si té molt a veure però la relació amb la meva filla ha sigut molt més bonica que intervinguda, es va enganxar al pit de seguida i va venir de cara, cosa va suposar no haver de portar-la per tot el procés perillós de haver de girar-la perquè és protocol...

En general els efectes son tots positius.

7 - Hi va haver-hi algú del teu cercle que s’oposés a que tu participessis en una sessió d’hipnoteràpia?

En general sóc una persona molt independent i que no em deixo emportar per les opinions de la gent sobre la meua vida

Com és un tema que forma d’alguna manera part del meu dia a dia, de la meua professió, dels meus estudis, de què faig al meu temps lliure... no va haver-hi ningú que s’oposés.

Si que vam haver de fer un treball una mica d’acord amb la meua parella perquè jo volia parir a casa i ell volia que sigues en un hospital però res cap persona es va oposar al procés de com donaria a llum a la meua filla.

8 - Quina va ser la teua primera impressió sobre la hipnoteràpia? Ex: que pensaves que anava a passar, com t’anaves a sentir...

A mi l’estat hipnòtic és un recurs que em produeix molt de plaer i sempre he tingut experiències molt positives aleshores per a mi sempre he tingut una impressió positiva sobre el tema.

9 - La teva primera impressió concorda amb la imatge que tens ara de hipnoteràpia?

És que per a mi mai ha sigut algo tan raro o desconegut així que la impressió que tinc ara i la primera que vaig tenir no son molt diferents entre elles.

Et puc parlar de la meva experiència durant el part. El part és algo que no saps mai com anirà ni saps què esperar però sí que es veritat que com era algo que jo ja havia anat practicant vaig obtenir un resultat millor del que jo mai m'hagués esperat així que si m'estàs preguntat que si la meva impressió concorda amb la meva vivència, la resposta és no, la supera.

ANGLÈS**- Could you make a little introduction about who you are? Name? Age?...**

My name is Silvia Rodriguez and I'm 39 years old, I'm a psychopedagogue and a gestalt therapist, I also work on NLP (Neuro-linguistic Programming) and as a coach, but my profession is mainly on being a psychopedagogue. I work with adults accompanying them to improve their day-to-day life, their goals and grow as a person. I mainly focus on issues of personal development and emotional management.

1 - Why did you go to hypnotherapy? (Explain maybe the problem you wanted to "solve")

As a NLP teacher, this is very related to hypnotherapy since Erickson, the creator of hypnotherapy is also a reference in this field, this is how I got to know hypnotherapy (although I would call it hypnosis applied in different situations). So my first contact with hypnotherapy was through regressions, I did a postgraduate degree in gestural therapy and within this therapy there were people who worked with hypnosis so I did a few sessions but that was only to explore the field.

Then in my second childbirth I did some stuff with hypnosis with a program called hypnopartum (where they helped you transcend the pain of childbirth with meditations, and states of elation...).

2 - Did you achieve your goal? If the answer is yes, do you keep it nowadays?

Yes, I had my second birth with hypnosis and it had nothing to do with the first one. Everything I had learned, all the meditations, the hypnotic state I had gone through 5 months before I gave birth, had a very positive effect when the time arrived because it's not that you're in a hypnotic state at that moment, but as you were constantly working this hypnotic state for 5 months, what happens during the birth is not from your mind, but from your body because your body has memorized this whole state of relaxation.

3 - So how effective would you rate hypnotherapy from your own experience? Did it help you or did you expect a different kind of result?

For me, it went really well. I prepared myself to know how to control my breathing and be more relaxed so that everything went better, to put it another way, to learn how to "surf a wave". I have a lot of anxiety so in my first childbirth I had a really hard time, but really in the second childbirth with the help of hypnosis during the process I didn't have any anxiety, nor did I remember it .

I didn't really imagine anything, I didn't go with any expectations. I didn't expect a different kind of result either, at best, I expected it to be something bigger or heavier but it was the total opposite, it was something so natural and with such simplicity and effectiveness.

I would recommend it to all women who have to go through the birth process and have anxiety or directly want to "enjoy" the birth of their baby.

4 - Where did you hear about hypnotherapy?

As I explained before, hypnosis is a technique that is recurrent in the professional sector I live in, so I have been surrounded by this concept all the years I have been working and studying my career. I also have to say that I'm a meditator, I've done meditation retreats, I meditate a lot and it's something that's helped me a lot with my anxiety, so in a way I've always been very close to hypnotherapy but without expecting any specific result, but as a day to day thing.

5 - Did you feel any sensations during your hypnotic process? If so, could you explain briefly what you felt at that moment?

I think that this is precisely the key to the hypnotic process, to feel certain things, according to your reality at that moment; to feel naturally what you have been preparing to feel for X amount of time (for me it was 5 months as I mentioned before).

It was very pleasant, to enjoy and to be calm, I even have the feeling that my preparation helped me invoke all these pleasant or happy sensations I had on a normal day to my

second daughter's birth and this also made me modify my environment to look for or feel more these little moments of enjoying life.

6 - Did you have any "side effects"? For example, it has been said that many patients after several hypnotherapy sessions have headaches or even more anxiety than before...

PS: side effects can also be positive.

I'm not really sure what you mean by side effects, but I guess you mean everything that happened to me afterward: the relaxation of my body led me to be very relaxed in my daily routine, also, I was healed immediately after giving birth and my body had a lot of energy all of the sudden, and finally that I had pretty bad anemia before the birth and after the birth, it went away, among other things.

I don't know if this has much to do with all of this but the relationship with my daughter has been much nicer than interventional, she latched onto the chest straight away and came to life with her face, which meant I didn't have to put her through the whole dangerous process of having to turn her around (because it is the protocol...)

In general, the effects are all positive.

7 - Was there someone from your circle who was against you participating in a hypnotherapy session?

I'm generally a very independent person and I don't get carried away by people's opinions about my life so no one got in my way. And also, as this is a thing that it is in some way part of my day-to-day professional life, my studies, and what I do in my free time... no one objected.

My husband and I indeed had to work on a little disagreement because I wanted to give birth at home and he wanted me to be in a hospital, but in general, no one objected to the process of how I would give birth to my daughter.

8 - What was your first impression of hypnotherapy? Ex: what did you think was going to happen, how did you think you would feel...

For me, the hypnotic state is a resource that gives me a lot of pleasure, and I have always had very positive experiences with it. So, I have always had a positive impression of the subject.

9 - Does your first impression match the image you now have of hypnotherapy?

The thing is, for me, it has never been something so strange or unknown, so the impressions I have now and the first ones I had are not very different from each other.

I can tell you about my experience during childbirth. Childbirth is something that you never know how it will go or what will happen, but it is true that as it was something that I had already been practicing mentally, I got a better result than I had ever expected, so if you are asking me if whether my first impression matches with my experience, the answer is no, it surpasses it.