

Hypnosis Insights

“For The General Public, Hypnotists and Other Health Practitioners”

By John Simms, Ph.D.

(21 Questions are from clients, followers and other inquiries)

Disclaimer: This report is for informational purposes only. John Simms will not be legally and/or financially responsible for anything whatsoever. In other words, use this report at your own risk.

1). Your insights on hypnosis?

Answer: Hypnosis is often misunderstood and has misconceptions. And there are different types of hypnosis that may or may not involve trance, scripts and inductions among other things.

2). As a counselor and psychotherapist, why did you get interested in hypnosis?

Answer: On a conscious level, both counseling and psychotherapy may have limitations. And I wanted to improve my capabilities and my clients/patients' positive outcomes and results to say the least.

3). Are trance and hypnosis the same?

Answer: Despite being used interchangeably, in my opinion, they're different from one another. Trance is an altered state of consciousness whereas hypnosis for the most part involves certain suggestions and/or instructions from a hypnotist. However, this isn't to say that trance couldn't be present or induced with hypnosis.

4). Are people aware of their surroundings during hypnosis?

Answer: Yes in almost all cases with the exception of somnambulism (a deep trance state) or those who actually fell asleep during a hypnosis session. Other than that, you're consciously aware of everything that's going on around you during hypnosis.

5). Your views on stage hypnosis?

Answer: It gives a lot of people false impressions about hypnosis that fuels doubt, skepticism and misconceptions. However, stage hypnosis can be very entertaining, but don't confuse stage hypnotists with certified hypnotists or clinical hypnotherapists that addresses health and related issues.

6). Can a stage hypnotist be a certified hypnotist?

Answer: Yes, absolutely.

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7). What's the difference between a hypnotist and a hypnotherapist?

Answer: For the most part, a hypnotist may be certified whereas a hypnotherapist has a license. Even though both are trained in hypnosis, the certified hypnotist may have limitations due to their state laws and regulations not to mention that licensed hypnotherapists could bill insurance companies. In all, a hypnotist could be just as good if not better than a hypnotherapist and vice versa when it comes to hypnosis and dealing with various issues that are health related.

8). Can hypnosis improve my life and/or health?

Answer: Yes via quitting smoking, getting rid of a phobia or bad habit, managing stress, etc. And you need to utilize a competent certified hypnotist or clinical hypnotherapist that deals with your particular problem or situation.

9). Can hypnosis be used for athletic performance?

Answer: Yes, including weight loss and motivation among other things.

10). Is hypnosis a bad thing?

Answer: As with organized religion, hypnosis can be used in a good or bad way. Other than that, in and of itself, hypnosis is a natural thing that is neither good or bad.

11). Are there any laws or regulations with the practice of hypnosis?

Answer: It varies from state to state within the U.S. as well as other countries throughout the world.

12). For health issues, does insurance companies cover hypnosis?

Answer: It depends on the individual's health insurance coverage. And in most cases, hypnosis via hypnotherapy must be performed and billed by a licensed practitioner. However, for the benefit of their patients/clients, some licensed and unlicensed health and related providers who aren't professional hypnotists or hypnotherapists do utilize hypnosis as well as other therapies even though they may not be compensated for it via insurance reimbursement. Other than that, obtaining hypnosis services are out of pocket and fees vary due to location, hypnotist qualifications, reputation and so on.

13). Is there any evidence that hypnosis works?

Answer: Besides the placebo effect and anecdotal evidence, there has been a number of studies conducted that proves hypnosis does work especially when it involves pain and weight reduction, quitting smoking, immune system regulation, PTSD, etc.

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14). Can everyone get hypnotized?

Answer: No, but the vast majority of the population can.

15). What can you expect with hypnosis?

Answer: Everyone's outcomes and results will vary. In regards to their hypnosis experiences, a lot of people may feel nothing at all, spaced out, relaxed, calm, surprised, drowsy, refreshed or relieved afterwards. And during trance and hypnosis, a person may exhibit time distortion, relaxed muscles, slower breathing, glazed or flickering eyes, skin flushing, etc.

16). What does a hypnotist do during a traditional hypnosis session?

Answer: Typically, a hypnotist will do a pre-talk with you and use various inductions and suggestions. And they may even do an intake on you, have you do compliance exercises and utilize several different things in order for the hypnosis to be more effective.

17). How many sessions does it take for hypnosis to work?

Answer: Normally, only one session depending on the person, hypnotist or situation.

18). Why does hypnosis fail people?

Answer: Who knows? Possible indoctrination, psychological triggers, the placebo effect, peer pressure, status quo, etc. However, this isn't to say that the situation in question couldn't be rectified with and without hypnosis.

19). Can hypnosis be used for self care?

Answer: Yes absolutely.

20). Is hypnosis a form of mind control?

Answer: I disagree with most of my colleagues and say yes. Because with hypnosis, you're trying to control people's minds and behaviors for a particular outcome or result. Same could be said about self hypnosis. And speaking of mind control, it can be a good or bad thing depending on how it's being used.

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21). Would you provide more information about Simms Hypnosis?

Answer: It's a hypnotic system I (John Simms) created and use it primarily for my counseling, psychotherapy, life coaching, personal potential and holistic medicine services. And by the way, I also wrote a special report called "Simms Hypnosis" that you can download from my website free of charge that contains limited information about it.

Improve Your Life, Health or Situation Now with John Simms

Go To www.johnsimms.org

Important Notes:

- 1). For Serious Inquiries Only, I Offer A Free Initial Consultation.
- 2). You must go to my website because I have many things that could benefit you right now !!!
- 3). If you're a member of the media via TV, radio, podcast, blog, etc, feel free to contact me for possible interviews, segments, articles and blog posts. I'm also a source for several health and related topics.

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