



# Hypnosis Therapy

*For All Ages*



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Clinical Hypnosis can be used for just about anything that depends on your own level of determination. Hypnosis is not limited to just those things you consciously do and control, but also works subconsciously as well. The following is a partial list of what I perform hypnosis for. If you don't see what your interest is in, just ask.

### What is Clinical Hypnosis used for?

#### ◆ Academic Applications :

Hypnosis can aid in concentration, learning skills, memory improvement reading blocks and comprehension.

#### ◆ Building Self-esteem

Hypnosis is useful in aiding in self-confidence, public speaking, shyness even career enhancement.

#### ◆ Health ... Medical

Hypnosis can be helpful in addictions, pain control, fears, phobias, dieting, eating disorders, cancer treatment issues, bed wetting, nail biting , anxiety, panic attacks, stress and tension.

#### ◆ Personal Relationships

#### ◆ Problem Solving

#### ◆ Performance enhancement In work,, music and sports.

#### ◆ Weight Loss

#### ◆ Smoking, Quitting (of course!) , etc.

### "How many issues can I work on at one time with hypnosis?"

There is no one simple answer to this question. However, the safest strategy for beginners is to start with just one project which is easy to manage. With some success and experience you can progress to other issues more challenging to you.

### "How well does hypnosis work regarding pain control?"

Hypnotic pain control is called hypnoanalgesia (controlled feeling) and hypnoanesthesia (no feeling). This type of hypnosis is commonly used during dental procedures, surgical operations, and while giving birth (hypnobirthing) without any anesthesia. I also use this type of hypnosis for people who suffer with chronic pain (fibromyalgia, rheumatoid arthritis) to help them learn how to gain control over the pain, so that the pain doesn't control them.

### "How does hypnosis differ from sleep?"

Hypnosis is not a form of sleep, even though it can give the appearance of being so from the outside. You are neither asleep nor semi conscious but fully aware of everything that is going on around you. When you are in a hypnotized state, the brain waves will often change from the Beta state of normal wakefulness to the Alpha state of deep relaxation, which represent non-arousal. When we are asleep however, our brainwave state is in Delta. Here, the brainwaves are of the greatest amplitude and slowest frequency. During sleep, respiration gets slower and slower, blood pressure, reflex and heart action also slow down. In hypnosis, there may be the mildest of slow downs but for the majority of time, none at all. In sleep, the mental processes slow down considerably and in deep sleep, there is an apparent loss of consciousness. This does not occur in hypnosis. You are fully aware of everything that is going on around you.



## **"Is doing self hypnosis as effective as being hypnotized by someone else?"**

Yes!. Once you learn how to perform hypnosis correctly from a professional, you can then perform it daily in the comfort of your own home. Remember all hypnosis is self hypnosis. It is the objective of the clinical hypnotherapist to guide the individual to self awareness of the skills necessary to perform self hypnosis.



## **"Is hypnosis safe?"**

Performed correctly by a qualified professional makes hypnosis a very safe process. I hold a double doctoral degree in Clinical Hypnotherapy and have been teaching individuals to perform self hypnosis for several years. When you engage in hypnosis you will only allow in those healthy suggestions that you know are beneficial to you and agree with your belief system.

If you have seen a stage hypnotist's show you may have seen people doing things you would never do. The only reason people do strange things in a stage presentation is because of what we call the "demand characteristics" of the situation. That is, being on stage in front of a lot of people exerts a tremendous pressure to do as one is told. It is generally better not to volunteer for stage shows.

Also remember when hypnosis is performed correctly, you are in complete control and you do not fall asleep. You hear everything that is going on so you are not sleeping like TV or movies falsely portray. Remember you are relaxed and in control at all times.

## **"Can anyone learn self hypnosis?"**

Generally Yes! Some people are better and faster at learning it than others, as is true with any skill. Regardless, you will see progress if you use self hypnosis correctly and regularly. As to self hypnosis being easy, the answer is both yes and no. It is *relatively* easy. As with any skill, it requires know-how and practice to develop. Self hypnosis does require some effort because it is a skill, and the more effort you put into practicing it; the more proficient you become.

## **"Is there anyone who should not be hypnotized?"**

Every person I treat needs to complete an intensive intake process. If during this intake I find information that may prevent a person from being hypnotized at that time, I would inform them and contact their primary care physician.

## **"What if I can't wake up?"**

Never happens. Getting out of hypnosis is never a problem. You'll put all of your efforts into getting into a hypnotic state (trace state), not getting out of it. If you drift off to sleep because you allowed yourself to become so relaxed, you will naturally wake up when you are ready.

## **"Do I have to believe in hypnosis for it to work?"**

You need to believe that you have control to change. The degree of hypnotizability seems to be completely unrelated to the degree of belief in it. Some amazing results from hypnotic suggestion have been demonstrated by people who adamantly claimed they were not hypnotized, and who were convinced that nothing had happened. Willingness, though, is another matter. If you don't want to be hypnotized (and you are aware that that is what is going on), then you won't be.



**Treating  
TMD (*Bruxism*) with  
Hypnosis and  
Biofeedback**



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