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# How My Profession Is Different, and Preferable



Nicholas Pollak / November 19, 2012 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

A young lady in charge of a high school club asked me the other day if I would lecture a class of 40 students interested in finding out the benefits of hypnotherapy vs. psychology.

The school is 70 miles away, but I wanted to make sure they learned from someone who is passionate about hypnosis and can clearly articulate the differences.

I read an article recently that indicated a psychiatrist, psychologist or regular counselor needs 600 sessions to resolve an issue that a hypnotherapist, with the cooperation of the client, accomplishes in six to 10. After 22 years as a hypnotherapist, I am convinced the statistics are true.

They agreed they derived more benefit from one hypnotherapy session, and began to feel physically and mentally better.

Why? No doubt there is an essential place for psychiatry and psychology. Most therapists do a great job in assisting their patients over a long period of time. However, my goal to ensure that a client has resolved his or her issues within six sessions. I do not want ongoing therapy over a period of years. I want clients to learn how to use the power of their subconscious minds themselves.

During the sessions, the first three are spent giving a client an understanding of suggestibility, behaviors and the theory of the mind as well as making strong attempts to resolve the issues. Once a client understands the topics and becomes increasingly conditioned to the benefits of hypnosis, the changes become more rapid. It is for me to show clients how to resolve their issues.

## **Drawing Distinctions**

A psychiatrist and psychologist will, during the course of their patient sessions, only ever communicate directly with the conscious mind. A hypnotherapist communicates with the subconscious mind. So what, you may think. But this is critical. Of the total brainpower that we have available to us from that lump of meat contained within our skulls, we only ever use 5 percent. Of that 5 percent, 10 percent is our conscious mind, 90 percent our subconscious mind.

The sub-conscious is like a computer hard drive. It never determines bad or good, wrong or right, false or real. Our conscious minds make those determinations. Our subconscious has stored within it everything we have ever done. When a psychiatrist or psychologist talks with you, he or she only is talking to your 10 percent. You recognize that 10 percent fighting against 90 percent will have little chance of success. However, when a therapist takes 600 sessions to resolve an issue, one might say that the success came through constant repetition.

## **Tests for the Students**

When I spoke to the students, I told a story about the power of the mind. Two high school basketball teams were asked to improve their three-point shots. One team trained 20

Minutes a day on the court. The other spent 20 minutes in hypnosis, the players visualizing themselves scoring three- point shots. When both teams went onto the court a week later, the team that had been practicing made 21 percent of their three-point attempts, and the hypnosis team scored 23 percent of the time.

The students were indeed enthusiastic, and they asked pertinent questions. As I always do at lectures, I demonstrated each person's suggestibility by doing a couple of fun suggestibility exercises to illustrate how their minds can pick up on and act on a suggestion offered to their subconscious.

Most were amazed that even when they were not actively attempting to do what was being suggested, their subconscious still played along. To varying degrees, all students acted upon the benign suggestions. I would suggest they put a heavy weight in one hand, a helium-filled balloon in the other, to close their eyes, imagine that what I was saying was happening, and then opening their eyes to find one arm down low and the other up high.

Finally, I gave a group hypnosis that showed how each student could create his or her own self-hypnotic state to relax, in turn improving their concentration and boosting their immune systems by learning through hypnosis to eliminate pressure and stress.

*If you want a copy of this protein-rich diet, email me at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (<mailto:nickpollak@hypnotherapy4you.net>)*

*If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (<mailto:nickpollak@hypnotherapy4you.net>). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (<http://www.hypnotherapy4you.net>)*



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