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## We Are Faster and More Efficient



Nicholas Pollak / May 27, 2012 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)

|left|Nicholas D. Pollak|remove link|no\_popup[/img] I recently read an article that clearly stated what I have been saying for 20 years:

Patients who undergo hypnotherapy sessions find their problems are resolved more quickly than when they were under the care of a psychiatrist or psychologist. According to the story, a clinical hypnotherapist can accomplish in 6 to 10 visits what takes a psychiatrist/psychologist 600 weekly sessions. This has been confirmed to me by my clients. They say they have gained more insight and achieved more changes with hypnosis than they ever had under the psychiatrist or psychologist.

One of my clients client plagued with severe panic and anxiety had been attending a weekly group meeting at UCLA for two years. He was taking valium daily so he could function with this debilitating issue. After four sessions with me, his panic and anxiety have stopped. The medication is gone. His life permanently has changed for the better.

Another client of mine had been seeing a psychiatrist for two years for panic and anxiety. Hers was so severe she could not even go outside, a severe agoraphobic. In six sessions, her issue was resolved. Currently, she is traveling the world on her own.

Don't get me wrong. Psychiatry does excellent work, but so many matters can be resolved faster through clinical hypnotherapy.

Psychiatrists and psychologists spend a lot of time finding out how their clients became the way they are. They make sure their diagnosis is approved by the insurance companies, based on the DSM book (Diagnostic Systems Manual). Later they spend a lot of time trying to help you to become what they believe you should be rather than pursuing your preferences.

## **Our Different Method**

Hypnotherapy gains a quick life history to provide insight on how the person reached his or her present state. It emphasizes helping the client to become what he or she wants to be. As for psychiatrists and psychologists, group meetings only appeal to a small portion of our brain. Of the 5 percent of our brains that we use, 10 percent is our conscious mind and 90 percent our subconscious. You can see that creating a change within the conscious mind is doomed to failure because 90 percent not being addressed.

As a clinical hypnotherapist, when a client is hypnotized I am working within the subconscious. Hypnosis allows the subconscious to open, to absorb all information placed there.

It is important to understand our subconscious holds every piece of information we ever have seen, from birth to today. The subconscious never determines what is right, wrong, good, bad, real or false; it only stores the information and gives you the response it has learned to give you when you consciously ask for it. We learned to tie our shoelaces when we were little. Hard at first but now you no longer think about it.

The same principle applies to every aspect of our lives. We learned habits, and our subconscious absorbed them. It gives you what you ask for when you ask for it. Talking to the 10 person does not create change. The 90 percent does.

Hypnosis sparks powerful imagery in the subconscious. An alcoholic who wants to stop drinking is constantly stymied. His subconscious is so used to drinking that if the alcoholic wants to stop, the 10 percent (conscious mind) battling the 90 percent. Once a vision of the client seeing himself in all the situations where he is drinking is placed in the subconscious, he may now see himself in the same setting without drinking.

After repetitious conditioning, the subconscious and the conscious begin to work together. The client stops drinking because a new image in which he is not drinking is taking hold.

This principle is true with any change that a client wants to make. The only necessary tools are a good hypnotist and an openminded client.

***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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A secret cache of letters brings together a former

See more (http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme\_id=1&calendar\_id=widget-upcoming\_events-7-title&eventID=16&widget=1&date=2015-05-06&TB\_iframe=1&tbWidth=600&tbHeight=500)

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