

# Autohypnotherapy (Vol. 1)

## Preface

After doing research in the field of hypnotherapy for nearly twenty-five years, we felt that the purpose of our endeavours would be fulfilled if we compiled all the knowledge we had acquired in this sphere. This resulted in the 2 Volumes of Autohypnotherapy. These two volumes shall certainly prove to be useful to medical professionals, paramedical professionals, non-medical professionals and non-professionals (all others) as well, as they explain the techniques of hypnotherapy and the methods of formulating suggestions in a simple yet systematic manner.

Here medical professionals include physicians, surgeons, anaesthetists, gynaecologists and obstetricians, dentists, paediatricians, sexologists, psychiatrists, chest specialists, cardiologists, neurologists, dermatologists and venerologists, cancer specialists, plastic surgeons, pathologists, radiologists, dentists etc. Nurses, social workers, occupational therapists, physiotherapists, psychologists and speech therapists are included in the category of para-medical professionals whereas non-medical professionals are those involved in academics, culture, industry, public services, transport, science and technology. In both volumes we have presented case histories ranging from simple issues such as nail-biting to complex issues such as seizures and hallucinations. These make interesting reading and also help us understand the wide utility spectrum of Autohypnotherapy.

The 'Personality Defect Model' devised by us is discussed in detail in Vol.1. To facilitate comprehension of the subject we have at the outset discussed the structure and function of the mind and personality. This is followed by a discussion on the mode of onset of a mental disorder. We have mentioned the methods of induction of a hypnotic trance and described the therapeutic process in detail. Towards the end of the volume we have presented how to maintain patient and therapist records.

This volume also includes the study of electroencephalographic changes during experimental hypnosis in healthy subjects and also the effect on learning.

With regard to case histories this volume includes the use of autohypnotherapy to treat fear of boss, emotional upset due to a failed affair, knowledge of major illness or impending death, pre-operative pain, seizures and examination phobia.

In Volume 2 we have also ventured into the paranormal or para-psychological sphere. We have presented cases wherein spiritual hypnosis and hypno-psychic healing were used to treat physical and psychological problems.

If hypnotherapy is practised appropriately based on the principles explained in the two volumes, it will assist in making one's personality healthier and enable one to become happy. Once the personality becomes healthy it is easier to make rapid spiritual progress and achieve an ideal personality by practising Spirituality. Volume 1 includes a separate section regarding the characteristics of an ideal person. In this context it is important to understand the importance of Spiritual practice which is the only permanent solution to all problems and for the development of an ideal personality - Spiritual practice! To guide us in this direction we have added a small chapter at the end of the volume. For more details on spiritual practice, our books on the 'Science of

Spirituality' will prove handy. We hope this endeavour shall popularise hypnotherapy at the grass root level and also facilitate its development as a super speciality in India as well as abroad.

- Dr Jayant Balaji Athavale

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