

Autohypnotherapy (Vol 2)

For professionals and non-professionals as well (Techniques and application in various fields)

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, para-medical professionals, non-medical professionals, and non-professionals (all others) as well, as it explains the techniques of hypnotherapy and the methods of formulating suggestions in a simple yet systematic manner.

In Volume 2 we go into the details of therapist-patient relationship & treatment using the techniques of hypnotherapy. The common and special techniques of hypnotherapy are described and their use in different medical specialities is discussed. Details such as the course, duration, cost, etc. of treatment are also dealt with. We have provided information on therapeutic accessories and prognosis. A comparative section towards the end describes the superiority of this therapy above others.

A separate extensive chapter describes the use of Hypnotherapy in various medical and non-medical specialities. In this we have also described how autohypnotherapy can be used in the field of sports, acting, education etc.

In both volumes we have presented case histories ranging from simple issues such as nail-biting to complex issues such as seizures & hallucinations. These make interesting reading & help us understand the wide spectrum of Autohypnotherapy.

This volume includes the use of autohypnotherapy in cases regarding multiple addictions, visual hallucinations & nail-biting. It also has case reports of the use of autohypnotherapy in psychogenic eosinophilia, yogic exercises as pre-hypnotherapeutic agent in a non-communicative patient, hypnosis as a substitute for premedication and as an adjuvant to local or general anaesthesia and autoypnotherapy for psychosomatic gagging.

We have provided charts to obtain necessary history for dealing with sexual problems and stammering and also 2 appendices describing the autoypnotherapy and hetero-hypnotherapy exercises & listing the hypnotherapy techniques to overcome stress.

In Volume 2 we have also ventured into the paranormal or para-psychological sphere. We have presented cases wherein spiritual hypnosis & hypno-psychic healing were used to treat physical and psychological problems. These are self-esteem enhancement through spiritual hypnosis and hypnopsychic healing for treating eczema & shoulder pain.

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. 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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