

Hypnosis at Chrysalis Center for Change

Hypnosis is a normal state of focused attention. It can be brought about through progressive relaxation simultaneous to progressively increased focus.

All hypnosis is self-hypnosis. When a hypnotist is used, she or he functions as a guide to the individual's self-hypnosis. Children are particularly good at hypnosis as they practice it during imaginary play and daydreaming. Hypnosis can be used with children to teach relaxation techniques for bedtime, study skills, anger management, changing habits, making better food choices, self-regulation, and management of symptoms known to be related to stress, such as those of asthma.

Parents can benefit from hypnosis to assist with relaxation skills, self-regulation, and sleep problems associated with parenting.

Sources

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800 West Lake Mary Blvd. Sanford, FL ~ 321-422-4171