



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

112 - How Hypnosis is Created

Student Number _____

Name: (Please Print) _____ Date: _____

What is the definition of hypnosis?

Hypnosis is created by _____ disorganizing our inhibitory process (critical mind), and triggering our _____ and resulting in a _____ state providing access to the sub-conscious mind.

Primitive Man

1. What were the two survival instincts primitive man used to survive?
2. Who were the ones who developed greater strength and aggressiveness?
3. Why did primitive man develop the flight mechanism?
4. When do we trigger the flight/fight reaction?



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5. What is the definition of the **fight/flight** Reaction?

Autonomic Nervous Systems

There are two divisions to the **autonomic nervous system**, the **sympathetic**, and the **parasympathetic**.

6. What changes take place in the body when the **sympathetic** is aroused?

Now – The danger has passed.

7. **Parasympathetic system** would bring you back into balance. Then what would happen?

8. What effects do you think it could have on physical health if the **sympathetic system** is always in action?



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9. Stress is a **biological and biochemical** process that begins in the brain and spreads through the **autonomic nervous system**, causing hormone release and eventually exerting an effect on the immune system. Stress responses start in two major systems. What are they?

Today's Drawbacks

10. What are the possible effects of excessive amounts of **cortisone and catecholamine** that we secrete within our body over a long period?
11. Too **much cortisone** over a prolonged time may cause?
12. The **thyroid** puts out thyroid hormones, and these accelerate metabolism that helped our ancestor's burn fuel faster to give them energy for fight or flight. It does the same thing for us today. However, most of us are not in life/death battles so it produces a different set of symptoms. Such as?



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13. Today, we are under chronic stress; we generally do not need more cholesterol for energy, so where does the cholesterol go?

The Conscious Control

14. Today, the **fight mechanism** is not socially acceptable, so what did the Fight Mechanism become?

15. Flight became more acceptable than Fight. Man developed a way to deal with that: What did the **flight mechanism** become?

16. Fight-flight took place through the **sympathetic nervous system** and then the parasympathetic nervous system would regulate the sympathetic back into balance. How do we see this in action when we do the arm rising?



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A Baby's Brain

17. What did the **migrating neuron** experiment, which Susan McConnell did at Stanford University, have in common with a baby or small child?
18. What determines which connections in the brain to take away and which ones to leave?

