



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 112 - Split Brain Theory

There are two hemispheres of the brain connected by a series of nerve endings.

- The **right side** of the brain controls the left side of the body.
  - The right brain excels in unfocused search for meaning.
  - It distinguishes between emotions and adapts to unknowns without a given set of ideas.
  - This is the creative, artistic, abstract portion of the brain.
  - The right side of the brain cannot see the trees for the forest.
- The **left side** of the brain controls the right side of the body.
  - The left brain is logical
  - It reasons and analyzes more than the right side
  - It tends to do things in sequences or steps

**Experience is a major player in the development of difference in the brain.**