



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

164 - Depression and Sadness

Depression can result from many different causes. It depends upon the therapist you talk to about the subject. Most psychiatrists believe it is a chemical imbalance. Beck and Ellis would say that it is faulty thinking. Seligman would say it is helplessness and pessimism.

Some therapists believe it is from early childhood and others now say genetics play a part.

Still others say, "Change the thought and you change brain chemistry."

Since your subconscious mind only associates with the past, it makes sense that people become attached to depression. If there is a secondary gain to the depression, it is more difficult to change.

I remember one client who seemed to control her husband with her pain and depression. When I asked her if she would be willing to give up the pain and keep the disease in the hypnotic state, she agreed and started to improve.

Even the best parents can have children with major issues and some of the worst parents can have children who seem to adapt and deal with life issues.

It seems to me that feeling inferior, or helpless, or guilty or self-critical is part of human behavior. You cannot go to school as a child, college as an adult, prosper in the business world, or be a partner without those feelings in one degree or another.

As a hypnotherapist, you understand behavior from another viewpoint and you understand that most of our problems stem from our suggestibility. Depending on their suggestibility, one individual is more likely to experience certain problems than another individual because of the way they learn and process information. As an example: The high left-brain dominant individuals often feel shy, tend to be a perfectionist, or experiences fears and phobias more often.



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Of course, these feelings may start in childhood from neglectful parents, but they may also start in childhood with loving and caring parents.

Once the children start school, they are exposed to so many influences. Children can be very unkind to other children. By the time the child comes home from school, does their homework, and eats dinner, there is little quality time with mom and dad. Once the child starts school, parents probably have less than 10% influence on the child. Their peers and teacher influence them now.

If depression is severe, the individual needs medical care along with hypnotherapy. Often, the doctor will prescribe Prozac.

It is amazing how three simple suggestions make a difference with depression, sadness, and helplessness. It would seem that a person would need to suffer a little or it would take a long time to begin to feel happier.

It is difficult to feel depressed and smile, laugh easily, or find humor in a situation and feel bad at the same time. When you outwardly express those good feelings, others enjoy being around you contributing to your self-esteem and confidence. When you feel good, you feel in charge of yourself.

Give these suggestions to every client several times each session. It contributes to their well being in so many areas. You will notice the depression and sadness becoming less.

Suggestions: *You enjoy smiling a lot. You laugh freely and easily when it is appropriate. You have a great sense of humor that is kind and gentle.*