



HYPNOSIS for SUCCESS

Conroe Life Changes Ebook

BILL TORGAN, C.H.

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About Bill Torgan, C.H.

Bill studied hypnosis with a school in California called HPTI (Hypnosis Practitioner Training Institute). He continued his hypnosis education and his internship with the Path Foundation in Houston, Texas where he earned his Hypnosis Certification. He also received hypnosis certification through the NGH (National Guild of Hypnotists). He opened CONROE HYPNOSIS in August 2015 and changed the name to CONROE LIFE CHANGES about a year later to be more inclusive. As an adult, Bill has always enjoyed helping others. He was a Staff Sergeant in the Air Force, a Captain in the Army, and a Lieutenant on a Connecticut Police force where he grew up. Bill came to the Conroe area in 1990. He enjoys playing guitar and in 1997 became involved with the Crighton Players Theatre Company. Since then Bill has Acted in, or Directed, several shows at the Crighton and Owen Theatres. The initials C.H. after Bill's name stand for "Consulting Hypnotist," although they are frequently interchanged with "Certified Hypnotist," and "Clinical hypnotist." Regardless of the identifier, Bill is proud of his ability to help people achieve their personal goals with the powerful, safe, and holistic methods which have been employed by hypnosis practitioners around the world.



About Hypnotism

If you've seen a "Stage Hypnotist," you may have the impression hypnosis can make you "do things." The truth is, hypnosis doesn't "make" you do anything! It helps you overcome subconscious blocks, which get in the way of you achieving your personal goals. Whether it is focusing on business goals, or overcoming a fear, or even playing a better round of golf, hypnosis is a safe, enjoyable, and completely relaxing experience that most clients thoroughly appreciate. While the terms, "sleep" and "trance" describe what it looks like, it is more like a guided meditation where you are always awake and aware. You never give away secrets and you remember the same as you would any conversation. The specific process CONROE LIFE CHANGES uses will be explained in detail later in this booklet.

Bad Habits



Quitting Smoking

Most people believe it is the nicotine in tobacco that causes your cravings. While it is true that nicotine is an addictive chemical, the primary reason for cravings is the emotional attachment to the habit itself. Hypnosis removes the emotional blocks that cause cravings and replaces them with your intellectual reasoning for not using tobacco. Whether you smoke cigarettes, cigars, use smokeless tobacco, or abuse the many nicotine replacement therapies on the market such as nicorette gum, once you release your habit emotionally, the cravings either disappear altogether or they lessen to a very manageable level. Because your habit is released emotionally, there are no food cravings when you quit smoking with hypnosis. Gaining weight is not a side-effect of quitting smoking, it is a side effect of substituting one emotional craving for another, which can happen when you quit “Cold Turkey”

Bedwetting

(Nocturnal Enuresis)

When we think of bedwetting we often think of a very young child. The truth is many children (and even adults) can have trouble with this nighttime condition. There can be many causes for this problem. Small bladder size, urinary tract infection, stress, fear, anxiety, enlarged prostate, post-stroke side effects, medications, sleep apnea, and even constipation are just a few of the possible causes for wetting the bed in adults and



children. Most children will outgrow this condition by their 12th year or earlier. If your doctor can find no physical reason for your bedwetting, perhaps it is time to try a holistic approach. Hypnosis can help the subconscious realize when the bladder is full when sleeping, and it can help with developing new habits that relieve the issue. Hypnosis is a very effective method for overcoming this problem. Usually, it only takes between one and three sessions for a satisfactory result.

Nail Biting

(Onychophagia)



Nail-biting is a body-focused repetitive behavior (BFRB). It can often co-exist with other BFRBs such as Hair pulling or skin picking. It is often associated with anxiety because the act of chewing your nails is reported to relieve stress, tension or boredom. It can be a solo problem or associated with ADHD or other mental health issues. Aside from the embarrassment

of nail appearance, chewing the nails too close may cause infections and open sores. Some children convert a previous habit of thumb sucking into a habit of nail-biting and then carry that habit into adulthood. When conscious of the act, it is easy to stop, but as soon as you stop thinking about it, the subconscious continues the habit. Since it is primarily a psychological response to anxiety and stress, hypnosis can be very effective in dealing with it. Most cases require only a minimum number of sessions to reverse a habit that may have been going on for many years.

TMJ & Teeth Clenching

(Temporomandibular Joint & Bruxism)



TMJ is the sliding joint that connects the lower jaw to the skull. This joint can easily become overworked and cause pain and discomfort. Bruxism is a subconscious grinding of the teeth that can occur when you are sleeping or during the day when you are anxious or stressed. This condition can be painful and cause dental problems. The good news is that both of these conditions can respond very well to hypnosis. Since the major contributing factors of these issues are stress and tension, the relaxing and holistic approach of using hypnosis to alleviate the causes usually brings relief in only 1 or 2 sessions. Check with your doctor to find out if hypnosis is the right approach for you. Most medical professionals advocate stress relief and relaxation techniques for TMJ and Bruxism.

FEARS



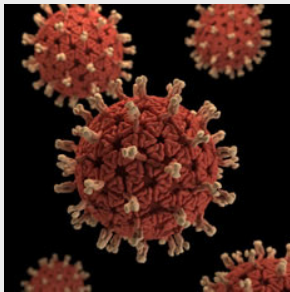
About Fears

According to the American Psychiatric Association (APA) there are only five general categories of fears.

All fears are related in that they cause anxiety and sometimes panic in the individual experiencing the fear. Normal fear is a good thing. It keeps us safe and prevents us from taking unnecessary risks. Unreasonable fear is one that interferes with our ability to apply rationality or that otherwise interferes adversely with our daily lives. Someone who is afraid of snakes (ophidiophobia) will stay safe by steering clear of any snake they see, but if they freakout just by seeing a snake on a television program it becomes an unreasonable fear. Fears are generated by two events in our lives. An “initial” initiating event, and then an “activating” event. The two events can be from the same time, or they can be years apart. Let me describe a scenario as an example of how a fear can develop. Let’s say a young child is placed on a playground slide by a parent. The child is looking around and enjoying the scenery when suddenly and unexpectedly the parent pushes the child forward to go down the slide. Even though the child is in no danger and does not get hurt, the experience is locked in the little one’s psyche. This could be the initial initiating event. Years later as an adult another event takes place, either personally or just by observing it, and it clicks and creates a very uncomfortable feeling. Every time a reminder or observance occurs it re-enforces the fear and it can become life-changing. While a particular fear may seem unreasonable to an observer, to the person experiencing it, the fear is overwhelming and very real. Hypnosis handles fears by releasing the initial initiating event, not to forget it, but to give the subconscious the realization of the true nature of it and by allowing it to create new awarenesses so the fear is not overwhelming. In other words, you deal with that fear using your intelligence and not your emotion. Usually, a client with a fear finds complete success in just one session, although everyone is different and some individuals may need another session or two. The following are common fears people have which respond very favorably to hypnosis sessions.



Fear of Public Speaking



Fear of Germs



Fear of Flying



Fear of Heights

Click an image for more information



Fear of Spiders



Fear of Failure



Fear of Being Ridiculed

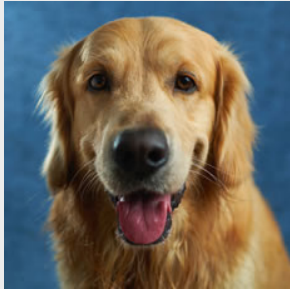


Fear of Confined Spaces

Click an image for more information



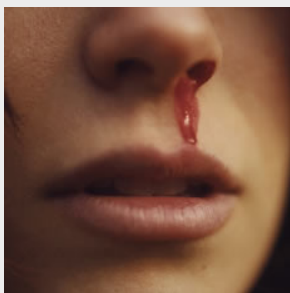
Fear of Clowns



Fear of Dogs

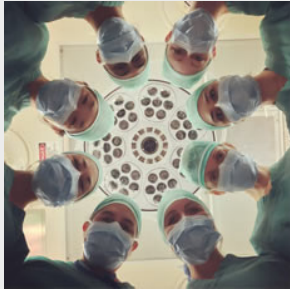


Fear of Dentists



Fear of Blood

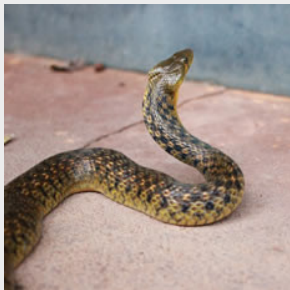
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Fear of Doctors



Fear of Death / Dead Things

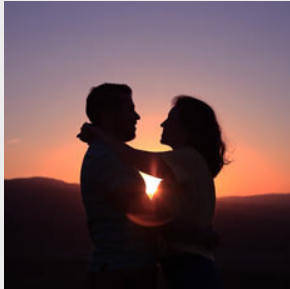


Fear of Snakes



Fear of Birds

Click an image for more information



Fear of Love



Fear of Needles / Injections



Fear of Strangers / Foreigners



Fear of Thunder / Lightning

Click an image for more information



WELLNESS



About Wellness

Wellness is not just about physical or mental health, but rather about the entire human condition.

When we hear the word “wellness” we immediately think of the medical connotations of it. The truth is far more complex. Wellness encompasses the entire being, emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. Doctors, such as medical, dental, psychiatric and others deal with some very serious issues, but they are specialists in their respective fields. Unfortunately, when all you have is a hammer, everything looks like a nail. While many practitioners of the wellness arts are not licensed or even degreed, most have certifications and experience in helping people attain their personal goals through the methods they employ. Some of the arts are; acupuncture, aromatherapy, nutritional therapy, meditation, massage and of course, hypnosis. For issues where a licensed professional is appropriate, CONROE LIFE CHANGES defers to the professional and will only work with clients with the consent of their doctor or other licensed modality. The following is a list of wellness issues hypnosis works very well for.

Sleep



Sleep is important to our health. It allows our mind and body to rejuvenate. If you have trouble getting to sleep or staying asleep and your doctor has ruled out apnea or other organic problems, hypnosis can be very effective.

Anxiety



Anxiety and stress are an underlying cause of many of our health issues. Anxiety and stress can help keep us alert and safe, but too much of it without a refractory period can be harmful. Our endocrine produces an overabundance of chemicals in our bodies.

I.B.S. Irritable Bowel Syndrome



IBS, or Irritable Bowel Syndrome, is a subconscious condition. There is not very much doctors can do for it, but hypnosis is shown to be very effective in alleviating the symptoms of IBS.

Weight Management



CONROE LIFE CHANGES uses several different methods to help clients manage their weight. Counting calories, Changing food preferences, and a subconscious usage of a “Virtual Gastric Band” are just a couple of the methods used.

Drugs / Alcohol



Abusing drugs and/or alcohol is a symptom and not a cause in itself. There is a reason the process started and then got out of hand. Hypnosis is a great way to address the causes at the subconscious level.

Sexual Dysfunction



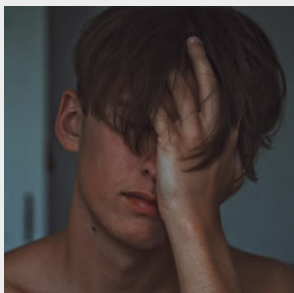
Sexual dysfunction (most prevalently seen in men) can be a very demoralizing affliction. Self-esteem suffers whenever we feel we are not living up to expected performances. Hypnosis handles this issue without even needing to get personal information.

Relationship Issues



Ever argue and then not even remember what the argument was about? This is because we can't seem to be honest with our partner or even ourselves. Hypnosis allows clients to safely explore their real issues and resolve them internally.

Chronic Pain



Pain is felt in the brain... not at the injury site. CONROE LIFE CHANGES will work with your doctor to help you relieve your chronic pain and reduce your need for pain medications.



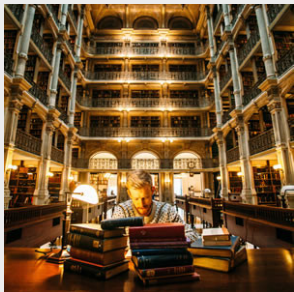
FOCUS

Business Focus



Everyday life has a way of interfering with running a business. We tend to focus on those things which push our emotional buttons. What if we can release the distractions, not to forget them, but so they won't get in our way? That's the power of hypnosis for business focus. Create your goals and plan to succeed.

Academic Focus



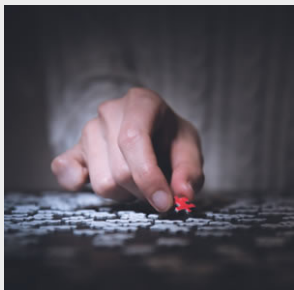
Test anxiety, inability to find the time to study, stress, and interruptions are just some of the problems facing students today. Hypnosis is a safe and relaxing way to direct your focus to what really matters and produce the results you are capable of.

Athletic Focus



Simply by practicing you can make moves and take actions that do the job, but only those athletes that can focus like a laser on their performance will excel. Practice helps you to do the right things at the right times, but focus can make the difference between a fair performance and an outstanding one.

Memory



Our minds are like computers. Our awareness and thoughts are stored in our brains like files are stored on a computer. When we forget things, it usually only means they are not currently accessible. Lots of things can cause us to forget. Stress, trying to force a thought are a couple of them. Hypnosis can help you to relax and this will often lead to remembering.

The Hypnotic Process



A Step-by-Step Explanation



What is Hypnosis?

Most people only know about hypnosis from what they have seen on TV, a movie, or a stage show. While hypnosis used in these venues is the same as is used in a clinical setting, it is for a different purpose. If you are having a hypnosis session for stress and the hypnotist asks you to bark like a dog, you would immediately come alert and think it crazy. That's because the suggestion is not congruent with your purpose. Rather than give the textbook meaning, let me instead give you the best description of the difference. Clinical hypnosis is very much like a guided meditation. The difference is hypnosis is used for achieving a specific personal goal. Hypnotists use terms such as, sleep, trance, and wake-up, but that only describes what it "looks like," not what it is. You are NEVER asleep in hypnosis. If you fall asleep the hypnotist will need to awaken you. If it worked while we were asleep, we'd all be very smart. As kids, we'd just record a lesson by the teacher and play it back when we are in bed asleep. Of course, you know that simply doesn't work.

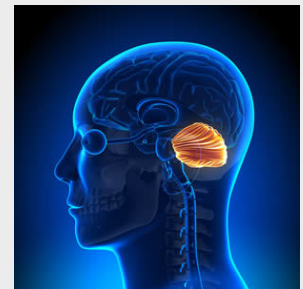
How Does Hypnosis Work?

To better understand how hypnosis works, you must first understand what a thought is. Thoughts are “energy,” chemical-electrical energy, to be more precise. Thought traveling from the frontal cortex to the limbic part of the brain pass through a neural network. As thought goes through the neural network, it creates a magnetic field, much the same way electricity passing through a wire creates one. This magnetic field is measured with an EEG (electroencephalograph) and produces sine waves. Humans have five ranges of sine waves ranging from Gamma, Beta, Alpha, Theta, and Delta, with Gamma being the fastest and Delta the slowest. When brain-wave activity slows into the Alpha or Theta state, the subconscious is much more receptive to positive suggestions.

Conscious vs. Subconscious



The conscious mind is amazing. It can handle complex issues, and it uses reason to understand everything. It deduces. As a species, we continue to thrive and build complicated tools and structures because



of this ability, but it has its limitations. The conscious mind is slow and linear in its process. The subconscious mind is also amazing, but unlike the conscious mind, it is super-fast. It can multi-task, but it does not reason.

To give a simple example of this phenomenon, let's say you decide to go to the store to buy some milk. You get in your car and start to drive to the store, but on the way, you start thinking about a project you are working on and how you can solve a particular problem. The next thing you realize is that you have driven past the store. That is a form of hypnosis.

Your conscious mind is working on something, and it turns the mechanics of driving over to the subconscious, which can do it fine. Another way of looking at the difference between the conscious mind and the subconscious mind is to think of a thought that happens when someone asks you a question or gives you a direction. The very first thought is from the subconscious, and then the conscious reviews it and applies reason before any action happens.

Here is an example of that. If I asked you how old you are, your subconscious mind retrieves the answer from your memory storehouse quickly, and your conscious mind takes very little time to review it before you respond, but what if I asked you how old you wished you were? The review process might make your response a little bit slower. That's because your conscious mind may be determining if you want to give the first answer you thought of, or if you should modify it to provide a different one.

Hypnosis allows your conscious mind to be more persuasive when trying to convince your subconscious mind of how to behave or how to feel.

In this way, a skilled hypnotist can help you to relax so you can convince your subconscious mind of what you want. Hypnosis cannot make you do anything you don't want to do but, it is excellent for providing the support needed to make changes you intellectually desire to make but have been unable to do otherwise.

Why Does the First Session Take so Long?

The first session and some follow-up sessions take from 90 minutes to 2 hours or more. That is partly because most people need to understand the process first, but also because parts of the process cannot be rushed. Here is a breakdown of the elements I use in my hypnosis sessions. I will expand on each in the following chapters.

- Induction
- Deepening
- Relaxing Signal
- Regression to Cause
- Releasing
- Command Cell Therapy®
- Scripting
- Affirmations
- Positives
- Post Hypnotic Triggers
- Wake up



The Induction

Induction is just a fancy term for starting the relaxation process. During this phase, the client is comfortably seated, and the hypnotist uses several different techniques to help the client relax, both in body and mind. During this period, the client begins to focus internally and concentrate on just feeling good. A count-down method, may be used or suggestions may be given to relax different muscle groups, or maybe even just a boring story may be told, but it is all pretty routine and familiar.

Deepening Techniques

Deepening is the term used for helping the client achieve a state of relaxation conducive to a more focused internal awareness. During this interval, the client may experience drowsiness or be somewhat more sleepy. The client's brain-wave activity usually lowers a bit more into the Alpha state. Deepening techniques may include raising and dropping the arm, tapping on the forehead, or even additional inductions.

Relaxing Signal

A relaxing-signal is employed that helps a client de-stress and release tension. The relaxing-signal that I most frequently use is the water signal. This signal is a “post-hypnotic trigger” that works in-the-moment, but it also works in the future. This signal uses the everyday property of water to suggest to the



subconscious to de-compress. Water, as a familiar liquid, always seeks the lowest point. Water is synonymous with calming “down” and leveling out. When we become stressed, for whatever reason, there needs to be a refractory period to allow the hormones (such as adrenaline) to subside. The idea behind the water signal is to reduce the amount of time required for this natural process.

Regression to Cause

A “regression to cause” is where the hypnotist guides you back in your memory to a time and place where your issue first became manifest or when you first decided to make a change in your behavior. By revisiting the cause we can clarify any faulty reasoning or at least suggest that the reasoning is no longer valid for today. Depending on the issue, this can be somewhat traumatic, but the client is closely watched for signs of abreaction and care is taken to switch to a different technique if it is warranted. This is a powerful part of the process as it allows the client to deal with the cause of their issue. During this process, there are a lot of questions asked which require and guide the client to confront and solve problems.

The Releasing

Releasing is a very important part of the hypnosis session. While the client is in a very relaxed state the subconscious mind is more open to accepting information from the conscious-reasoning part of the mind. During the regression phase of the session, a lot of questions are asked, which causes the conscious to focus on an experience or feeling. The subconscious is then directed to consider the unwanted feeling or emotion and release it.

This does not mean to forget or to forgive. Giving the client permission to not forgive or not forget means they can now accept the premise that the emotion no longer needs a controlling interest in their behavior or thoughts. It means considering that a previously held premise was either, never true to begin with, or that it is no longer true or relevant. Releasing is done for a lot of conditions and emotions.

Command Cell Therapy®

At this point in the session, it gets a little weird. The hypnotist talks directly to the cells of the endocrine system and to the cells of any of the body's main systems that are directly related to the issue presented. For example, someone quitting smoking would have the lungs and respiratory system as well as the endocrine system spoken to directly.

The Endocrine System

The reason the endocrine system is so important is that this system provides all the chemicals our body needs to properly function. Basically, the endocrine is comprised of all the glands in our body that produce the hormones and peptides that control everything about us. Remember when I talked about a thought passing through a neural network to the limbic part of the brain?

Well, the limbic part of the brain is centrally located in the lower part of the brain, and I like to call it our pharmacist because it is responsible for directing the endocrine to provide our cells with the right mixture of chemicals to keep us healthy and functioning properly.

If the limbic part of the brain, is habitually or erroneously providing an inefficient mixture of chemicals, we want to do a re-set so the correct prescription can be directed by the limbic system.

Scripting

A script is exactly what it sounds like. In theatre and movies, scripts are used by actors for delivering lines. CONROE LIFE CHANGES uses scripts in much the same way. These scripts are specifically written and formulated for their effectiveness in convincing the subconscious and reinforcing the client's inner strength. By using a script, "rather than winging it" the hypnotist is assured of delivering the right message in the right order without forgetting any important piece of information.

Scripting is primarily used to give the subconscious positive reinforcement. During the releasing certain precepts and ideas may be negated because of their inappropriateness and this could leave doubt or misconceptions. The scripting fills any void that may be left by the releasing, with purpose and meaning.

Scripts are specifically written for almost every condition and behavior change you may need to make. If a particular circumstance or condition is specific to only you, the hypnotist may write a script specifically to address your specific needs.

Positives

A positive is another boost for the subconscious mind. Although it is generic in nature, it helps to boost the subconscious' ability to accept the new reality you want to accept.

Affirmations

An affirmation is simply a thought that is repeated over and over again by the conscious mind. The idea behind an affirmation is that if your subconscious hears something repeatedly it will come to believe it as true and will cause the body to create the conditions which will make it true. For example, say you tell yourself over and over that if you meet someone for the first time you will stutter. If you say it enough times so that your subconscious becomes convinced it is true, then when you meet someone for the first time, you will stutter. Of course, the affirmation must be believable to your subconscious or it won't have any effect.

Affirmations are sometimes use after scripting as a way of reinforcing the points made during the hypnosis session.

Post Hypnotic Triggers

Post-hypnotic triggers are suggestions made during a hypnosis session which allows an outside influence to reinforce a belief given during the session. For example, a suggestion could be made to someone trying to quit smoking, that if they make an "OK" sign using their thumb and forefinger whenever they have a craving for a cigarette, the craving will immediately go away. Post-hypnotic triggers can be effective for diverting attention away from a source of discomfort. Someone fearful of speaking in public could be told to anchor their foot in place and imagine that when they plant their foot, a powerful wave of calm and confidence comes out of the floor and into their body. You get the picture, a completely discrete action that allows the mind to function as desired.

The Wake Up

While you are never asleep during the hypnosis session, the wake up is simply a count up method to help the client's brainwave activity come back up to the normal alert beta level.

Closing Thoughts

One of the unique features of hypnosis is that it is all internal to the client. If one of the blocks that are preventing you from achieving your goal is something you don't want anyone else to know about, you can still deal with it and release it without ever having to give this information to the hypnotist.

Another thing many clients want to know is, how effective will it be for them? The answer to that question is often another question. How effective do you want it to be? Everyone is different and everyone will take more, or less, time than someone else to truly relax and allow the process to work.

That's why some clients need more than one session and others only one. Anecdotally, the majority of clients seeking to quit smoking or overcome a fear with hypnosis at CONROE LIFE CHANGES, are successful in the very first session with no follow-up sessions needed.

I Hope this E-Book has helped provide you with entertaining and detailed information on what hypnosis is all about and demystified the process used by CONROE LIFE CHANGES. Of course, the list and examples given in this book are only a sampling of available uses.

Sincerely,

Bill Torgan



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