How Does Hypnosis Work for Alcoholism Addiction Treatment

In hypnosis, a person is put into a relaxed, hyper-responsive state, where his subconscious mind is highly open to suggestion. The person is not asleep or unconscious but instead focused intently on what the hypnotist is asking.

The two kinds of hypnosis, Analysis and Suggestion

Hypnosis avoids the critical censor of the conscious mind, which often defeats what we know to be in our best interests. The effectiveness of hypnosis appears to lie in the way in which it bypasses the critical observation and interference of the conscious mind, allowing the client’s intentions for change to take effect,” says the American Society of Clinical Hypnosis.

Stages of Hypnosis

During hypnosis, your blood pressure and heart rate lower and though you are physically relaxed, your mind is fully awake. The University of Maryland Medical Center lists these stages of hypnosis:

- Reframing the problem
- Becoming relaxed, then absorbed (deeply engaged in the words or images presented by a hypnotherapist)
- Dissociating (letting go of critical thoughts)
- Responding (complying with a hypnotherapist’s suggestions)
- Returning to usual awareness
- Reflecting on the experience

Valerie Grimes, CCHt Certified Clinical Hypnotist

Realizing my life was not happy, marriage ended, no real desire to continue my current line of work in advertising, I was drinking everyday, usually vodka and I had a rule...if we were
going out to eat, it had to be a place where they served alcohol, after all I couldn’t imagine dining out without a drink or two.

Alcohol was a regular part of my life and at the time I didn’t realize why I was drinking or that it was even a problem. Occasionally I would overdo it and stay out too late and that is when the shame, blame, and guilt set in and I wondered if I did have a problem. But I brushed it off and said a silent commitment to gain control. But that proved futile since attempting to gain control of it myself was without even considering the source of the feelings that were leading me to drink.

This lifestyle was normal to me, I grew up with it and all of my peers drank like I did...after all I was in the ad business. That is until 2000, when the rug got pulled out from under me and I found myself examining my life from a new perspective. New single mom, the business I nurtured since 1980 was closing and I wasn’t sure what I wanted to do.

- I don’t drink alone.
- I don’t drink to solve a problem or ease pain.
- I don’t keep it in my house, and I rarely buy it by the bottle.

**Alternative To Alcohol Addiction.**

You have a choice to continue to drink, or not to drink, or limit your consumption of alcohol. If you go down the same path which leads to drinking alcohol, you know what happens and how that feels because you have made that choice many times. Hypnosis helps you easily make a new choice that leads to freedom, personal power and control.

We understand that it is difficult to go down a new path, especially when the current path is a habitual behavior developed out of an emotional need. Our program addresses the emotions that create the behavior you are not tired of. This alcohol cessation program gets to the underlying causes of the alcohol dependency or alcohol abuse so you can easily choose the new path, the one of freedom from the emotional pain that causes you to drink.

**Research**

**Research on hypnosis for alcohol and hypnosis for drug use exists and is proven, here are a few studies for your review.**

**Hypnosis For Cocaine Addiction Documented Case Study**

Hypnosis was successfully used to overcome a $500 (five grams) per day cocaine addiction. The subject was a female in her twenties. After approximately 8 months of addiction, she
decided to use hypnosis in an attempt to overcome the addiction itself. Over the next 4 months, she used hypnosis three times a day and at the end of this period, her addiction was broken, and she has been drug free for the past 9 years. Hypnosis was the only intervention, and no support network of any kind was available.


**Raised Self-esteem & Serenity. Lowered Impulsivity and Anger**
In a research study on self-hypnosis for relapse prevention training with chronic drug/alcohol users. Participants were 261 veterans admitted to Substance Abuse Residential Rehabilitation Treatment Programs (SARRTPs). Individuals who used repeated self-hypnosis “at least 3 to 5 times a week,” at 7-week follow-up, reported the highest levels of self-esteem and serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.
American Journal of Clinical Hypnotherapy *(a publication of the American Psychological Association)*
2004 Apr;46(4):281-97

**Significantly More Methadone Addicts Quit with Hypnosis. 94% Remained Narcotic Free**
Significant differences were found on all measures. The experimental group had significantly less discomfort and illicit drug use, and a significantly greater amount of cessation. At six month follow up, 94% of the subjects in the experimental group who had achieved cessation remained narcotic free.


**Mindfulness decreases alcohol-related problems**
Results indicate that after release from jail, participants in the mindfulness course, as compared with those in a treatment-as-usual control condition, showed significant reductions in alcohol, marijuana, and crack cocaine use. Mindfulness participants showed decreases in alcohol-related problems and psychiatric symptoms as well as increases in positive psychosocial outcomes.

**Other Addictions**

**Smoking, eating, and shopping too much are also dependencies or addictions. We can assist you in overcoming these as well.**

**Smoking Cessation**
Our holistic Smoking Cessation Program addresses all three aspects of the smoking habit:

1. Addictive
2. Habitual
3. Psychological
All three must be addressed for lasting change to occur. Call for a complimentary consultation to learn how hypnosis can assist you in becoming a non-smoker, call 972-974-2094.

**Weight Loss/Weight Management**

Too often we are captives of our emotions. We eat to feel better about ourselves or to relieve the pain of troubles in our lives. Yet rather than providing relief, excessive eating only creates a new issue.

**Self-Esteem/Personal Growth**

In some cases, our feelings about events and people from our past may cause us to put up emotional walls. These walls lock in doubts and fears and prevent us from opening our lives to new, positive events. We are not free to be the person we were meant to be. Hypnosis works to reconnect to our true selves and reactivate our full potential.

**My Story**

**Valerie Grimes, CCHt Certified Clinical Hypnotist**

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That is when I discovered hypnosis and it was in working through my feelings related to low confidence, poor self esteem, co-dependence and the stress of being in transition that I released the old feelings and began to realize I had the power, the true power to recreate my life, my way. 12 years later, I consider myself a different person that is in control of
alcohol and my bright future. There are times I do drink and there are many more times when I do not.

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For more information please visit

http://www.alcohol-addiction-recovery-dallas.com