

## ***The aim of ericksonian hypnosis***

*(translated by Anne-Laurence Fritsch from the French book "Hypnosis : Techniques and therapeutic applications". Written by Dr Jacques Quélet and Olivier Perrot).*

"Ericksonian hypnosis doesn't pretend to heal every illness but rather:

- Help the therapeutic process by allowing a diminution of drugs and their side-effects
- Improve more efficiently and quicker the state of a patient affected by certain illness
- Help the subject overcome current difficulties
- Help the patient better accept the after-effects of a disease or trauma or that a disease may not be cured.

The involvement of the patient in their treatment via relaxation, self-hypnosis or laughing sessions is an important factor to fight their disease.

It has been shown that these techniques bring positive modification in the immune system, improve symptoms in cancer, prolong life expectancy in certain cases and also can cure many people.

Ericksonian hypnosis is a very respectful way to treat a patient by taking into account their own personality.

Ericksonian hypnosis enables individual initiation and discovery of oneself which have positive consequences in other areas of a person's life like their relationships, professional environment, sport activities, cultural and artistic capacities.

### **Hypnosis will act according to the idea or vision one has about it.**

This idea will influence the process of the hypnosis session which always bring positive effects.

The state of hypnosis allows to re-enact special skills, learned experiences, knowledge, acquired since birth and use them to solve a current problem.

The effects of a hypnotherapy session lasting one hour can manifest weeks or months later. We don't expect immediate and spectacular action –even though it does occur sometimes- but we expect progressive change. The role of the hypnotherapist is to trigger internal work and introspection." (end of quote)

This is why – according to me (Anne-Laurence) - any sort of therapy will be efficient only if the subject doing the therapy has decided and is ready to make some change (in their behaviour, attitudes, habits, visions, etc.)

In Ericksonian hypnosis, the unconscious is considered as a bookstore filled with memories and learning experiences.

We all have a tendency to minimise our successes even though they were big challenges to overcome at the time – such as learning to walk, read, write, riding a bicycle, pregnancy, giving birth, exams, competitions, job interviews and so on -. We managed to go over all these obstacles successfully and we are still able to overcome many other challenges in our lives thanks to our own skills and life experiences.