**Psy 102 discussion**

**Valentine, K. E., Milling, L. S., Clark, L. J., & Moriarty, C. L. (2019). The efficacy of hypnosis as a treatment for anxiety: a meta-analysis. *International Journal of Clinical and Experimental Hypnosis*, *67*(3), 336-363.**

The article by Valentines et al. (2019) discusses the use of hypnosis in mental health sector for the treatment of anxiety. Hypnosis as a mode of mental treatment has been in use since historical times and used to help patients recover from various mental conditions. The authors carry out a meta analysis to identify the efficacy of hypnosis as a way of treating anxiety. The results of their studies showed that hypnosis was effective in treating mental disorders such as anxiety but was most effective when used together with other interventions.

The interesting facts I understood about hypnosis from the article was as follows:

1. Hypnosis does not put an individual into sleep as most people presume. Individuals are wide awake and have control over their actions. The individuals go to a state of subconsciousness and become more aware and responsive to instructions given to them by hypnotists/psychiatrists.
2. Another concept I learned was that the brain acts differently under the state of hypnosis. The act of hypnosis allows the mind to bypass the conscious part and that eliminates the desire for individuals that are hypnotized to note their surrounding and react towards it.

Mental health professionals should understand the topic of hypnosis as it is a tool that can be used to create change in behavior and to also help patients eliminate thoughts that emanate from experiences such as trauma.

In future I would apply hypnosis as an aid to psychotherapy as it allows individuals to explore their painful experiences and learn how to deal with such situations.

I would like to learn more about the art of hypnosis and how it is performed in clinical settings. I would also like to learn about the difference between stage hypnosis and medical hypnosis and the different outcomes in both cases. Additional articles on the topics are provided in the reference.

**References**

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