



Interview with Dorothy M. Neddermeyer, PhD, Certified Hypnosis Practitioner; Certified TimeLine Practitioner (PLR)

Dr. Dorothy is an internationally recognized authority on bridging Science, Spirit and Human Potential with over 30+ years experience as a transformation facilitator, speaker, and educator in Holistic health and wellness; personal/professional development.

She is Founder/CEO of Genesis Consultants, Inc.; Past President, International Association for Regression Research Therapies; Past Board member, Arizona Holistic Chamber of Commerce; Board Advisor & Faculty Member, World Regression Congress – Brazil, Netherlands, India and Turkey.





What is hypnosis? Can you briefly tell us what this is all about?



The word hypnosis is the term used to identify the process used by a professionally trained practitioner inducing a trance state for another. The mind spontaneously goes into a trance state numerous times throughout the day. A trance state is the process of focusing to a narrow point—such as focusing on cars in front, behind and either side, to the exclusion of seeing the exit or street sign. Thus, the person unwittingly drives past the turn. Reading, watching a movie or TV is a self-induced trance state. A professional hypnotist is trained to facilitate a deeper trance state than a spontaneous trance. People who meditate regularly can reach the same deep trance as the professional facilitator.

However, one is unable to focus on asking requisite questions to enhance the exploration to resolve issues. The practice of inducing a trance state has been in use for thousands of years. The ancient Egyptians used trance states of consciousness in their sleep temples, for healing. It is a very ancient healing method. Hippocrates, the father of medicine (460 - 377BC) recognized the power of the subconscious mind. He maintained that our feelings and emotions arise in the brain, and that the brain controls the body.

Many nationalities (Native Americans, Africans, Indians, Asians and the far East) have practiced entering into the subconscious state at will. The Western world has been slow to embrace this valuable birth-right in favor of religious rituals and dogma.



Who were the originators ... I mean the pioneers, or the key figures?



Some of the key figures in the more recent history of hypnosis are:

- Dr. Franz Anton Mesmer (1720-1792) – was the first man to systematically use a trance state of consciousness (hypnosis) for curative purposes
- Dr. James Braid (1795-1860) – was responsible for naming this state "hypnotism" (from Hypnos, the Greek God of sleep). He realized that hypnotism wasn't sleep at all and recommended renaming it. However, as his books on the subject had already been published in so many languages, he wasn't successful.
- Dr. Hyppolyte Bernhiem (1837-1919) – his contribution to hypnosis was in emphasizing the role of suggestion.
- Dr. Emile Coué (1857-1926) – His work led to the modern understanding of the laws of suggestion. According to Coué, it is not necessarily the suggestion given to the person that produces the results, rather it is how the suggestion is received.
- Milton Hyland Erickson, M.D. (1901 – 1980) an [American psychiatrist](#) and psychologist specialized in medical [hypnosis](#) and [family therapy](#). He was founding president of the [American Society for Clinical Hypnosis](#) and a fellow of the [American Psychiatric Association](#), the [American Psychological Association](#), and the [American Psychopathological Association](#). He is noted for his approach to the [unconscious mind](#) as creative and solution-generating.



Is hypnosis real?



Because hypnosis is a term used to identify the process of a professionally trained person inducing a trance state for another than self-hypnosis and asking questions to facilitate the therapeutic result—it is real.



Can anyone be hypnotized?



Because everyone's mind spontaneously goes into a trance state, everyone can be hypnotized, provided they are willing to allow the practitioner to facilitate the deeper trance state. Each person goes into a facilitated trance state in their own unique style.



Can anyone, who has difficulty being hypnotized become hypnotized?



Yes, well trained hypnosis practitioners are skilled at identifying each person's ability to reach the trance state that is needed to optimally achieve the desired result.



Is hypnosis dangerous?



No. While some people use a person's natural ability to go into a trance state for entertainment and party games, Hypnosis as a therapeutic tool is perfectly safe and highly effective to resolve issues that otherwise other methodologies (such as talk therapy, psychoanalysis, therapeutic drugs and rehab) are unable to resolve using the conscious mind.



Can hypnosis make people do things they don't want to do?



No. Therapeutic hypnosis focuses on creating healing versus training the mind to alter one's values, integrity or beliefs. The process of mind control—a.k.a. brain washing,

reeducation, coercive persuasion, thought control, or thought reform—is a theoretical indoctrination process which results in "an impairment of autonomy, an inability to think independently, and a disruption of beliefs and affiliations. In this context, brainwashing refers to the involuntary reeducation of basic beliefs and values". The term has been applied to any tactic, psychological or otherwise, which can be seen as subverting an individual's sense of control over their own thinking, own behavior, emotions or decision making. The process of mind control can only be affected through a 24/7 program.



Is hypnosis like sleep?



A trance state is similar to the twilight state just before falling asleep ... the conscious mind can hear, follow instructions and give answers to questions from the subconscious mind.



What does hypnosis feel like?



Suspended animation ... seeing, sensing, hearing, feeling and knowing what information has been accessed to effect the healing.



Can we get 'stuck' in hypnosis?



No. Although, your conscious mind is in a trance state—suspended animation, your body functions are working normally. You might fall asleep in which case the practitioner can instruct the conscious mind to reemerge to

the twilight state. If the conscious mind ‘resists’ to reemerge the body functions will kick in—hunger or the natural elimination cycle will induce the conscious mind to reemerge even if the practitioner allowed you to continue sleeping.



What conditions can hypnosis treat?



A hypnosis practitioner, who is trained in Medical Hypnosis (a.k.a. Deep Healing) can treat all diagnosis from A to Z - Abdominal Pain to Zits (a.k.a. acne) and everything in between.



Can hypnosis be a “quick-fix” one-session kind of thing for any problem?



The majority of hypnosis practitioners are only trained to do hypnotic suggestion work. Some people are helped with one-session that lasts for 6 to 18 months. Therefore, a one-session fix is ineffective to truly resolve an issue—it is a good band-aid for awhile. For every diagnosis or issue there is an emotional root cause. When the emotional root cause is addressed and adequately processed, the issue no longer has an impact or creates further havoc in the person’s life.



We heard about Neuro-Linguistic Programming (NLP) Is NLP like hypnosis?



Neuro-Linguistic Programming (NLP) is the science of modeling the patterns of human behavior. NLP explores the inner workings of the conscious mind: how we think, how

we develop our desires, goals and fears and how we motivate ourselves, make connections, and give meaning to our experiences.

NLP is like the ‘user’s manual’ for the conscious mind, and allows us to use the language of the conscious mind to consistently achieve our specific and desired outcomes. Because NLP affects how we think, you can make the changes you want in many areas—such as self-confidence, focus, decision making, problem solving, better personal and professional communication. While NLP is effective to help modify conscious behavior, it is inadequate to effectively address processing hidden emotional issues—the root cause—on a deeper level.



Can false memories be planted in someone’s mind?



No. However, children can be conned or tricked into believing something because of their inherent innocence. Unscrupulous people/professionals, who have an agenda, will take advantage of a child’s innocence.



Can hypnosis help a person to stop drinking alcohol?



Yes. Medical Hypnosis (Deep Healing) is highly effective to address the root cause of the emotional pain the person is in, which has prompted the person to use alcohol to cope – to numb the pain in order to function.



Can hypnosis cause sleep disorders?



No. There is no reported connection with sleeping disorders caused by hypnosis. Hypnosis is highly effective to address the root cause of the emotional issue(s), which causes a sleep disorder.



Is hypnotherapy a science?



Yes. A trance state is a well researched psychological phenomenon and, increasingly investigated. Scientific research has shown that hypnosis is highly effective to resolve issues at the subconscious level.

Hypnosis Comparison Study:

___ **Psychotherapy: Theory, Research and Practice American Health Magazine (1969) reported the following findings from a study by Alfred A. Barrios, PhD.**

___ **An updated study “Hypnotherapy: A Reappraisal” by Alfred A. Barrios, Ph.D. published in Psychotherapy: Theory, Research and Practice (Spring, 1970) clearly points out – Hypnosis is more effective and works more quickly than traditional talk-therapy or Psychoanalysis.**

<http://cuncecuncecunce.blogspot.com/2007/02/does-hypnosis-work-comparison-study.html>

Documented and Verified Results:

___ **Hypnotherapy: – 93% recovery after 6 sessions**

___ **Behavior Therapy: – 72% recovery after 22 sessions**

___ **Psychoanalysis: – 38% recovery after 600 sessions.**



How do you find a good hypnosis practitioner?



The following questions are paramount to determine if a professional hypnosis practitioner is qualified to assist you in your recovery (Emotional, Mental, Physical, Spiritual healing):

- **Where did you receive your hypnosis training?** The best hypnosis programs are:
 - The Milton H. Erickson Foundation, Inc., a federal nonprofit corporation devoted to promoting and advancing the contributions to the health sciences.
 - American Hypnosis Training Academy, AHTA was *established* in 1981 and to date more than 5900 professionals have attended ...The training **leads to** Certification as a Practitioner of Ericksonian Hypnotherapy, Advanced Practitioner of Ericksonian Hypnotherapy, and Practitioner and Master Practitioner of NLP.
 - Hypnosis Motivation Institute - HMI is the first clinical hypnosis training college in the U.S. to be accredited by several Department of Education–recognized accrediting agencies.
 - Hypnotherapy Training Institute, one of the first licensed hypnotherapy schools in 1978. Many consider HTI to be the world's leading hypnotherapy school, drawing many students from throughout the United States and the world.
 - European College of Hypnotherapy, UK accredited by the GHSC, a full diploma complies with CNHC requirements.
 - Omni Hypnosis Training Center® U.S. and worldwide. Established 1985, instructors have met all the stringent oral, written and practical requirements to be approved as Omni Hypnosis Training Center®
- **How many hours of training did you complete?** 60 hours of basic training is the minimum to become a highly effective practitioner.
- **Are you a certified practitioner?** There is some confusion among professionals and lay-people with regard to certification. A Certificate of Completion is issued at the conclusion of the basic training. Many professionals consider a Certificate of Completion as Certification. A Certificate of Completion is not a Certification. Certification requires a minimum of 100 hours of supervised experience with approved supervision. A Certification issuing organization is separate from the organization, which issued the Certificate of Completion. The three most prominent hypnosis certifying organizations are: The National Guild of Hypnotists, Inc. (NGH) National Board for Certified Clinical Hypnotherapists (NBCCH) and The International Certification Board of Clinical Hypnotherapy (ICBCH)

- **What post-hypnosis training have you completed?** For example: Deep Healing Techniques, Timeline Techniques, (a.k.a. Past Life Regression), Entity Lease (a.k.a. De-possession)
- **What is your approach to the recovery process?** The basic recovery process is: Discovery, Heal, Discovery, Heal. Processing feelings and uncovering the layers of pain. “Going into the Pain to get out of the Pain.” “There is no gain without pain.” If the professional is unable to give you a process similar to this, thank the professional for their time and call another professional.
- **Do you allow short phone conversations (10 – 15 min.) between sessions?** If the answer is, “NO.” Thank the professional for their time and call another professional. Being able to have short phone conversations between sessions is paramount to the survivor’s ability to develop the deep level of trust required to go through the healing process. Furthermore, people aren’t only in pain on Tuesday at 3 p.m. The recovery process is a 24/7 proposition, the professional’s support between sessions is critical to recovery.
- **What are the critical emotional issues in the recovery process?** The correct answer is: Anger/Rage, Sadness, Humiliation, Fear, Inability to Trust, Guilt and Shame. If the professional is unable to readily list these four emotions, Thank the professional for their time and call another professional.
- **What tools and techniques do you use to facilitate the recovery process?** If the professional is trained in sexual abuse recovery, he or she will name all of the following techniques: Guided Imagery, Therapeutic Journaling, Dream Analysis, Using Affirmations, Timeline techniques, Cell Memory Release Using the book, “The Courage to Heal Workbook” by Laura Davis.

The following techniques, or some variation, are optional, but highly recommended:

- _ Meditation
- _ Journaling
- _ Exercise
- _ Dance
- _ Music
- _ Movement Therapy.

- **Do you focus on the ‘symptoms’ or resolving the ‘root cause?’** Focusing on symptoms is the symptomatic coping mechanisms the survivor used to survive the pain, i.e. drug/alcohol abuse, eating disorders, depression, anxiety, panic attacks, co-dependency, chronic fatigue syndrome, migraine headaches, arthritis, cancer, MS, sexual addiction, etc. Treating ‘root cause’ focuses on the experience the survivor endured—the sexual abuse and the ensuing aftereffects. Uncovering the pain, and healing the emotions associated with that pain.

These questions might seem like one is being too nit picky or precise. However, too often people contact me after several sessions with a hypnosis practitioner with little result. Why? Because they assume all hypnosis practitioners are equal or have adequate training. Using these questions will help you to determine who is best for your needs and you will save time and money.



While in hypnotic trance, do people answer truthfully to the questions asked?



If the truth is too painful to allow it to surface the person will say, ‘I don’t know.’ ‘Nothing is coming through,’ or the answer will be incongruent with the information the practitioner knows to be congruent with other validated information. It is the practitioner’s responsibility to accept the answer and ask another question to access the information or note the incongruence and address the issue from a different perspective or discontinue the focus and return to it in a subsequent session.



Can negative behavior be induced using hypnosis without our free will?



No. See response to “Can hypnosis make people do things they don't want to do?”



Is the idea of hypnosis being a unique state of consciousness invalidated by highly motivated people faking hypnosis?



No. A well-trained hypnosis practitioner will know if the person is faking a trance state. Without revealing his or her awareness of a faked trance state ... a well-trained practitioner will re-enforce the trance induction to an effective trance state. Albeit, many people disbelieve they were in a trance state, because, of the myth that hypnosis is what they have seen with stage hypnosis; a well-trained hypnosis practitioner will invoke techniques to facilitate the process to an undeniable beneficial outcome.



Thank you so much for enlightening us on the topic and the use of hypnosis to help oneself feel better.

**Dr. Dorothy can be reached at her Phoenix / Scottsdale Offices at (480) 794-1561 or drdorothy@drdorothy.net
Her website: www.drdorothy.info/**



3 rue Albert Walter, 93430 Villetaneuse - FRANCE.
tel.: +33 1 48 26 29 64 / +33 6 08 07 52 09 fax: +33 1 48 26 20 75
danlow@maximizeyourpotential.info website: maximizeyourpotential.info