

## HYPNO-ANALYSIS

It is simple and easy. There is no way to do this wrong, a child can do it. If you can breathe, learn to relax and follow directions you can do it.

The first step is to take a Case History of the Client

Out of the Case History we get a Double Diagnosis

- 1) The Waking or Symptomatic Diagnosis
- 2) The Underlying Diagnosis

Next we give a Word Association Test.

We summarize the findings.

It's important to know that in Hypno-Analysis we do not use drugs or try to change the individual.

We remove the Root Cause of the problem and the old conditioning causing it, so the changes come naturally.

How Is This Done?

We use the **5 R's system**

- 1) **Relaxation**

2) **Realization** - Removal of problem, an experiential realization which happens when the SC mind (subconscious mind) places together the emotion with the event that caused it. Once this happens, the person is relieved of the symptom which afflicted them which was nothing but a cry for help of their Subconscious.

3) **Re-education.** Giving the wanted suggestions chosen by the client to the SC mind, instead of the old program.

4) **Re-habilitation** - Breaking old patterns of thought, behavior and emotional reactions.

5) **Re-enforcement** - Enforcing the new patterns and chosen ways.

So, we have the **1st and 2nd R's to find and remove** the underlying root-cause of the habit, problem or symptom.

The **3rd and the 4th R's to break patterns** and to eliminate the secondary gains.

**The 5th. To re-enforce the new free self image** and the new patterns of behavior.

Learn more, click here:

<http://ysatisdesaintsimone.wordpress.com/hypnoanalysis-and-its-benefits/>

## MORE INFORMATION ABOUT HYPNO-ANALYSIS

In Hypno-Analysis, we don't waste time talking a lot about the symptoms. After your Case History is taken, we look for the root cause of the problem, the I.S.E. or Initial Sensitizing Event. This event is usually buried in the SC Mind and not recalled at all by the Conscious Mind. It is usually linked to an emotional trauma. The SC Mind will not ever give anyone a memory that they are not ready to face, so there is no harm in the process of recalling, no worry about the patient suffering undue stress or distress. On the contrary, after regressions people feel relieved, and as if a weight has been lifted off their shoulders.

The person will probably recall first the S.P.E. or Symptom Producing Event - which they may even have a conscious memory of. They may recall clearly the first time that the symptom appeared but he/she are not aware of what caused it - only their SC Mind knows the cause and it will go to find it in your SC memory bank immediately and with clarity and precision, so there is no danger of a mistaken diagnosis.

There is the S.I.S. or Symptom Intensifying Event that the patient is definitely consciously aware of. Usually it is this event that causes the visit to the therapist.

The events that come out first in regressions are the S.R.E. or Symptom Re-enforcing events. Through regression they are removed gradually, until the SC is ready to give out the I.S.E. It is done by taking the person back

to the events drawn out by the SC while in a state of hypnosis, we take the patient back to that moment, to find out what is it that caused the problem, remove it and create instead an ideal event - according to the SC of the person - in its place.

That's why the patient experiences an immediate change and a sensation of well being even as soon as the first session of therapy.

### **Hypno-Analysis Effective and Practical as Phone Therapy**

In this type of therapy, the physical presence of the therapist is not necessary at all. What is needed is a hand's free phone (speaker phone or a head set), a clear phone communication and a private relaxed environment. As a matter of fact I have clients all over the country, and the world, some whom I have never met, but have freed themselves of very serious symptoms and changed their lives by having only the phone therapy with me.

### **How Does Life Regression Therapy Work?**

Pretty much the same as Hypno Analysis works; the client is taken into a deep state of relaxation and taken into his/her SC memory bank, given the proper instructions for this type of regression and let the Subconscious Mind give us the information necessary. The realizations and changes happen immediately.

Learn more, click here:

<http://ysatisdesaintsimone.wordpress.com/about/>