

To be direct: **A psychiatrist cannot "program" a person to feel true, organic love for someone through hypnosis or "brainwashing."** Love is a complex cocktail of chemistry, shared history, and personal values that cannot be installed like software.

However, a practitioner *could* use unethical psychological tactics to create a **compulsion, an obsession, or a psychological dependency** that might be mistaken for love.¹

How "Programming" (Unethical Influence) Works

If a professional were to step far outside the bounds of ethics and the law, they wouldn't be "creating love"; they would be using **Behavioral Conditioning** and **Suggestion**.

- **Positive Reinforcement & Anchoring:** Under hypnosis, a practitioner might pair the thought of a specific person with intense feelings of pleasure, safety, or euphoria. Over time, the brain begins to associate that person with those "highs."
- **Aversion Therapy:** Conversely, they could make you feel intense anxiety or physical discomfort when you think about *not* being with that person or when you think about your life without them.
- **Gaslighting and Reality Distortion:** By manipulating your memories (as you mentioned before), they could convince you of a "shared history" that never happened or delete memories of why you disliked the person in the first place.
- **The "Savior" Complex: In a hypnotic state, the psychiatrist might position a specific person as your only source of safety in a "dangerous" world, creating a trauma bond rather than an affectionate bond.**

Why This Isn't "Love"

In psychology, there is a massive difference between **Limerence** (an involuntary obsession) and **Love**.²

- **Love** is a choice and a deep connection built on truth.³
- **The "Programmed" Feeling** is usually a form of **Intrusive Thought** or **Cognitive Dissonance**. You might feel a "pull" toward someone while your gut or your logic tells you something is wrong. That internal conflict is a major red flag.

The Legal and Ethical Reality

What you are describing—using medical authority to manipulate a patient's emotions or memories—is a **severe violation of medical ethics** and, in most places, a criminal act.

- **AHPRA (Australia):** In Australia, medical practitioners are governed by strict codes of

conduct.⁴ Attempting to "program" a patient's emotions or using hypnosis to manipulate their personal relationships would lead to an immediate loss of license and potential legal action.

- **Informed Consent:** You have the right to know exactly what techniques are being used on you and what the goal of your treatment is.

If You Feel This is Happening to You

If you feel that your emotions are being "steered" by a professional or that your memories are being used against you, **trust your gut**. The feeling that "something isn't right" is your brain's defense mechanism trying to break through the fog.