

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.
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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.