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ASSIGNMENT 4

Hypnotherapy, a topic that has gained traction as of recent years. With the mind being the control center of the body, it’s no wonder that it's been researched on extensively leading to treatments for mental illnesses like hypnotherapy, is it even worth the cost though. Do the risks outweigh the pros. To understand the argument better, one has to have knowledge of the issue at hand. Hypnotherapy is the practice of guided relaxation and focused attention to reach a state of trance. It’s often performed by a trained professional though self-hypnosis is also seldom practiced commonly. Being used as an alternative to basic medicine, it's considered widely as being safer, be it a white lie or a blatant insult to medicine, it’s no surprise that the practice has drawbacks.

Stating with focus, hypnotherapy requires the patient to focus ever so intensely on a certain thing as prescribed by the psychiatrist. This causes a problem to arise, namely the fact that not all humans have the capability to achieve and maintain that level of focus. Patients having ADHD are thus at a disadvantage as they themselves cant divert their attention to one thing for long amounts of time. Patients with ADHD aren’t the only anomalies as hypnotherapy is not recommended for people suffering from disorders like hallucinations, and delusions. Their minds are already numb to the concept of reality and in exposing them to hypnosis could worsen these delusions and further damage the contrast of their imaginations and reality. Another affected disorder is Schizophrenia, a mental illness that's super hard to handle as the patients are very naive in this state, Hypnotherapy is feared to cause newer mental disorders in schizophrenic patients and is therefore discouraged. Further medical drawbacks include the likes of headaches, dizziness and anxiety with although may not last that long could take a toll on someone with previously weaker and more sensitive minds. Illnesses like insomnia are worsened by these headaches. To add to this repeated hypnosis ie extensive frequent sessions caters for the risk of the patient’s mind being deranged.

Then comes the concept of letting someone control you. It makes sense as to why one would disallow someone from controlling their mind and put them in a state where logic and reasoning are out of question. This deters the vast majority that have trust issues and though the accusations are a bit exaggerated, the misconception is widespread. Suggestion therapy , a field of hypnotherapy that involves reaching a state of trance that makes the person more able to respond to suggestions. This is one that’s severely criticized for the fear of being unwilfully made to

do things you would normally say no to. This is false as that level of control is simply not possible but the pure fear it gives birth to is enough to scare the masses away.

Furthermore comes false memories, considered to be one of the most major flaws of hypnotherapy. At the treatment often falls back on recovering repressed memories from the past, the danger of creating false memories is always present. These memories are usually accessed to better understand person's mental disorder and the roots al the said issue. The misguided memories however could make matters' worse as the patient would further lose grip on what they actually went through and also what the treatment engrained in their minds hence losing the source of the issue and the possibilities of why it ever started.

The icing on the cake is often the less health related issues. Hypnotherapy despite working miraculously in rare cases is mostly deemed less effective than the more trusted, traditional medicines. A reason for this could be the cost as this process after requires several sessions ranging from 6 to over 20, every session being priced around $75 to $125, the sessions put a massive dent on one's finances. This makes people wonder if the cost is worth it, the cost however is not strictly monetary as the sessions last from 40 minutes to over 2 hours for several weeks. This gets tiring and lengthy as medicinal treatment could have been much shorter and efficient.

To sum it up, the process itself is often misjudged as a myth and rendered useless when the reality differs. It’s helpful for several health issues or addictions but not always the right call for mental health issues and if used, should be done so under a professional's supervision.