

Hypnosis Terms and Definitions.

1. **Hypnosis:** A state of heightened focus and suggestibility in which a person is more open to suggestions.
2. **Suggestibility:** The degree to which a person's thoughts, feelings, or behaviors can be influenced by suggestions.
3. **Trance:** Another term for the state of hypnosis, characterized by deep relaxation and heightened suggestibility.
4. **Hypnotherapist:** A trained professional who uses hypnosis to help individuals achieve specific goals or overcome certain issues.
5. **Induction:** The process of guiding someone into a state of hypnosis.
6. **Posthypnotic Suggestion:** A suggestion made during hypnosis that the person will act upon after the session.
7. **Self-Hypnosis:** Hypnosis in which a person induces the hypnotic state on themselves.
8. **Regression:** A technique used in hypnosis to help a person recall past events, often used to identify and address sources of current issues.
9. **Deepening:** The process of increasing the depth of the hypnotic state to achieve greater relaxation and focus.
10. **Hypnoanalysis:** A form of therapy that combines hypnosis and psychoanalysis to uncover and address root causes of psychological issues.
11. **Conscious Mind:** The part of the mind that includes thoughts and feelings a person is currently aware of.
12. **Subconscious Mind:** The part of the mind that contains memories, feelings, and thoughts that a person may not be immediately aware of, but that can be accessed during hypnosis.
13. **Waking Hypnosis:** A state of suggestibility achieved without traditional induction techniques, often used in conversational hypnosis.
14. **Abreaction:** A psychological reaction to reliving a traumatic event during hypnosis, characterized by strong emotional expression or physical symptoms.
15. **Hypnotic Age Regression:** A technique in which a person is guided to recall experiences from earlier periods of their life while in a state of hypnosis.
16. **Ericksonian Hypnosis:** A style of hypnosis developed by Milton Erickson that uses indirect suggestions embedded in conversation.
17. **Rapid Induction:** A quick method of hypnotic induction that brings about the state of hypnosis in a short period of time.
18. **Fractionation:** A technique where the hypnotist repeatedly brings a subject in and out of hypnosis, each time deepening the trance state.
19. **Hypnoanesthesia:** The use of hypnosis to numb physical sensations, often used in pain management or even in place of traditional anesthesia during medical procedures.
20. **Hypnopeditrics:** The use of hypnosis in the treatment of children.
21. **Hypnodiagnosis:** The use of hypnosis to uncover information about psychological or medical conditions.
22. **Posthypnotic Amnesia:** The inability to recall what happened during hypnosis, often induced deliberately by the hypnotist's suggestion.
23. **Somnambulism:** A deep state of hypnosis resembling sleep, where the subject is highly responsive to suggestions.

24. **Hypnopsychosis:** An extremely rare adverse reaction to hypnosis, characterized by delusions or hallucinations.
25. **Direct Suggestion:** A clear, straightforward suggestion given during hypnosis, such as "you will feel calm and relaxed".
26. **Indirect Suggestion:** A more subtle form of suggestion that implies the desired outcome, often used in Ericksonian hypnosis.
27. **Autogenic Training:** A self-relaxation technique similar to self-hypnosis, focusing on sensations of warmth and heaviness in the body.
28. **Imagery:** The use of vivid mental pictures during hypnosis, often used to guide a person to a relaxing place.
29. **Hypnopompic State:** The state of semi-consciousness that occurs while waking up, sometimes compared to a natural state of hypnosis.
30. **Hypnagogic State:** The state of semi-consciousness that occurs while falling asleep, also sometimes compared to a natural state of hypnosis.
31. **Confusion Technique:** A technique in Ericksonian hypnosis designed to confuse the conscious mind to enhance the openness of the subconscious mind to suggestions.
32. **Revivification:** The reliving of past experiences during hypnosis, often used in hypnotherapy to address and reframe traumatic events.
33. **Future Pacing:** A technique in which the hypnotist guides the subject to visualize successfully achieving goals in the future, to reinforce positive change.
34. **Anchoring:** A technique used in hypnosis to associate a specific stimulus with a desired response.
35. **Eye Fixation:** A common induction technique in which the subject is asked to fix their gaze on a certain point until their eyes naturally close.
36. **Neutral Hypnosis:** A state of hypnosis in which no specific suggestions are given, often used for relaxation or stress reduction.
37. **Hypno-Oncology:** The application of hypnotherapy techniques in the treatment of cancer patients, often for pain management or anxiety reduction.
38. **Analgesia:** The absence of pain sensation, which can be induced using hypnosis.
39. **Catalepsy:** A hypnotic phenomena where a subject's body part remains in the position in which it was placed, often used to test the depth of hypnosis.
40. **Hypno-Disc:** A spinning disc or pattern used as a visual focus point during hypnotic induction.
41. **Guided Imagery:** The use of descriptive language to create mental images during hypnosis, aiding in relaxation and therapeutic change.
42. **Time Distortion:** A phenomena in hypnosis where a subject's perception of time is altered.
43. **Ideomotor Response:** Physical responses or movements arising in response to thought or idea, often used in hypnosis to communicate with the subconscious mind.
44. **Hypno-Birthing:** The use of hypnosis techniques to assist in childbirth, promoting relaxation and pain management.
45. **Conditioned Response:** A learned response to a specific stimulus, which can be established during hypnosis.
46. **Paradoxical Intervention:** A therapeutic technique where the therapist suggests the opposite of the desired change.

47. **Altered State Theory:** A theory which proposes that hypnosis induces a distinct state of consciousness, different from normal waking consciousness.
48. **Socio-Cognitive Theory:** A theory that argues that hypnosis is not a distinct state of consciousness, but rather a result of social expectations and cognitive processes.
49. **Fractional Relaxation:** A technique where the subject is guided to relax the body part by part, often used in the induction phase of hypnosis.
50. **Dual Consciousness Theory:** A theory that suggests that during hypnosis, one maintains awareness of reality while also responding to the suggestions of the hypnotist.