

HYPNOSIS FOR DEPRESSION

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Hypnosis is a very effective and versatile tool for treating depression problems. Clinical depression is one of most prevalent mental health problems today. If you are clinically depressed, you need help. Living with clinical depression is a daily struggle. Life is too short to be depressed.

Symptoms of clinical depression include some or all of the following:

Low mood, feelings of hopelessness and helplessness, self-deprecation, depleted self-confidence and self-esteem, feeling useless, loss of energy and motivation, and feeling disconnected.

Excessive sleepiness and/or an inability to rest, boredom, inability to stay focused and concentrate, memory loss, pessimistic and morbid thoughts, mental perseveration, loss of the desire to socialize, inability to experience simple pleasures in living, and suicidal thoughts.

Appetite changes, weight loss or weight gain, difficulties getting out of bed in the morning, dreading the day, looking forward for the day to end, anxiety, agitation, fears, shakiness, mental slowing and dullness, slowed reaction time, and total inefficiency.

Living with depression is very painful. Clinical depression is both a medical illness as well as a problem in living. As such, clinical depression needs to be evaluated and treated both medically as well as psychologically—both components are necessary.

Medical treatment of clinical depression largely involves the prescription of anti-depressant medications. These drugs can ameliorate the biological/physical and mood symptoms of depression, but they do not treat the underlying psychological factors and negative fixed ideas that need to be addressed.

The psychological treatment of depression involves supportive psychotherapy and psychological counseling aimed at changing the **cognitive, behavioral** and **mood** symptoms of the condition.

If you are currently suffering from depression, and you are seeking Psychological Treatment for your condition, you will need:

1. To be helped to identify your negative, self-defeating thinking patterns and to replace them with healthier ways of thinking.
2. To be coached to engage in activities to keep yourself occupied and to distract yourself from your morbid thoughts.
3. To be helped to interrupt your morbid thinking habits.
4. To be helped to pursue mood lifting activities.

When people are clinically depressed, they do not think clearly. They hold a pessimistic view of the future, unrealistic expectations, and are unusually harsh and overly critical of themselves.

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If this is true for you, you probably tend to judge things in stark all or nothing terms. When you are depressed, you tend to key in on the negative aspects of situations, seeing the proverbial glass as half empty as opposed to half full. It feels as if there is no future. This is NOT the truth, but it does FEEL this way.

The fact is that the longer you remain depressed, the more your negative expectations can become a self-fulfilling prophecy. This is because depression breeds inactivity and mental perseveration which, in turn, breed further depression in a vicious downward spiral. Then, the contents of your thinking become more and more pernicious. Your negative automatic thoughts and private self-talk perpetuate your negative feelings and predicament.

This process needs to be interrupted.

In a sense, when you are depressed, you fall into a state of Negative Self Hypnosis. Negative self-suggestions repeated over and over again become imprinted in your subconscious mind. Negative thinking becomes a habit that must be changed in order for you to recover from your depression. This is where clinical hypnosis can be very helpful.

If you are clinically depressed, you feel trapped and devoid of choices. You are in fact trapped in a mental prison by your negative thinking, pessimistic expectations, and perseveration on morbid themes.

Hypnosis can offer a positive way out of this predicament. Through the use of hypnotic techniques and language, the doorway to your subconscious can be opened with your permission and cooperation, and then, information can be introduced hypnotically through hypnotic suggestion to:

1. Change your negative self-suggestions.
2. Reduce your feelings of guilt and self-blame.
3. Help you to begin making positive choices again.
4. Shift your perspectives on your negative experiences.

If you are clinically depressed, Therapeutic Hypnosis can help you begin to move in a positive direction and take steps towards healthier behavioral functioning and mood lifting and mood shifting activities. Hypnosis can help you learn more adaptive behavioral and psychological coping skills.

In hypnosis, you are guided to mentally rehearse the process of countering and refuting your negative, pessimistic thoughts. The tool of hypnosis makes the rehearsal of these cognitive coping skills easier, quicker and more effective. The coping skills become imprinted directly into your subconscious mind. Through the use of hypnotic imagery and post-hypnotic suggestion, you can learn to psychologically inoculate yourself against the adversity of difficult daily living situations that depress you.

Hypnosis is also employed to uncover and re-process past experiences and memories that have sensitized you to continued depressive reactions in the present.

When you come to see me for Hypnosis Treatment, you will also be taught the use of Self Hypnosis and Deep Relaxation skills. All of the resources of your mind and body are in balance during deep relaxation. There is no wasted energy on anger, pain or discomfort. All of that energy becomes available for positive healing, growth and change.

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Recognizing how comfortable you feel in self hypnosis allows you to also recognize that you can, in fact, feel comfortable. This means that you are no longer trapped in discomfort. Once you learn how to get very relaxed and enter the neutral healing place of self hypnosis, you can begin to move beyond the discomfort into a more positive state. Positive comfortable feelings while being relaxed during hypnosis eventually generalize through the use of post-hypnotic suggestions and through repeated practice into when you are not in hypnosis.

The memory of this comfort can imprint itself in your subconscious mind and become available to you when you are awake, and while sleeping. It is strengthened and reinforced e