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1.Introduction

This report is to show the background of Hypnosis, its benefits, and disadvantages. Through this supporting paper I will evaluate the efficacy of Hypnosis compared to the orthodox treatment. Hypnosis is one of the oldest therapies for treatment. Under the effect of Hypnosis people remain very relaxed and comfortable. You are open for new things and to explore your subconscious mind. The subconscious mind is a place in our head that stores information that is forgotten by ourselves, but it still reflects on our lives. Our consciousness is the more known part of our mind. Using it helps us to logically analyze, think and judge while we are looking for an explanation. It helps people to easily overcome anxiety or pain. Unfortunately, it is not working for everyone. Only 10 per cent of the population can be hypnotized (Holland, 2018).

Hypnosis begins with a physician called Franz Mesmer (1734-1815). He created the concept about animal magnetism. His hypothesis was that diseases were caused by blockages coming from our body. After him is John Elliotson (1791-1868), a man who gave lectures at the London University. He continued Mesmer's work and through that there was an increase in the literature on the topic. James Braid (1795-1860) who was interested in mesmerism as well discovered that a person is easily hypnotized while he is focused on an object. Late on a British surgeon in India, James Esdaile (1808-1859), discovers all the benefits of hypnotism. He started using hypnosis instead of anesthetics. He wanted to share it and spread it amongst England through the medical establishment. His try was not successful since they have just discovered a new chemical anesthetic. Since then, to the present hypnosis is the alternative method (Hypnotherapy-london.info, 2015).

2.Kinds of Hypnosis

There are three types of hypnotic therapies that are used by professional psychotherapists. Their aim is to help people to distress due to their psychological state. There is Traditional, Ericksonian hypnosis, cognitive-behavioral Hypnotherapy and solution focused.

In the traditional hypnosis everything relies on commands and ideas. They can include thought, feelings and patient's behavior. The traditional therapy is one of the most popular among us. This kind of therapy especially helps with the change of habits and dealing with anxiety and stress.

The Ericksonian Hypnosis is called after Milton Erickson. Compared to Franz Mesmer, he was the father of the modern hypnosis. Many of his techniques are still being used. The aim is that the subconscious mind accepts the suggestions given to it. Erickson's theory was that this leads to healing. Some of the techniques are to study the body language of the patient, different questions, either direct or not. It is mainly used for clients with addiction issues, pain and the wish to control their habits (Hypnotherapy Directory, 2021).

The cognitive-behavioral hypnotherapy (CBH) is using different psychological tools. It is very structured, with main focus on the problem and prescriptive. This therapy is focused on the present. You do not ask question for the past. Questions about clients past and what they have been through is being briefly discussed at the beginning of the session. This therapy is mostly helpful for people struggling with eating disorders, schizophrenia, and sexual disorders. This is possible because this kind of therapy is focused on the skills for modifying maladaptive behavioral responses or on the "unlearning" of habits (Radziwon and Lackner, 2017).

The solution focused therapy evaluates the current situation and focuses on the future of the patient. This therapy helps us to set our goals, what we want to achieve and to find the solution for the current problem. This method is mainly used for people with eating disorders, gambling and substance abuse. A technique that is being used is for example evaluating and appreciate their needs and wishes. It shows us that if we give attention to the current problem, we get the options to discover what the patient wants (BoVee-Akyurek, 2020).

Each method has its impact. Ericksonian's therapy is mostly used by people who prefer to use alternative treatment. Another difference between them is also the suggestions and what both client and therapist should focus on. Traditional therapy is being mostly used by people who want to discover themselves, people who want to change their lifestyle e.g., losing weight and stop smoking.

3.Efficacy, benefits, and disadvantages

Efficacy is a term that means how effective a specific thing is in a long-term perspective. In hypnotherapy it's been shown that hypnosis is especially effective in these cases:

- Problem management
- Assistance with behavioral changes

- Helps people to adapt to recent situations/events- which can be based on emotionally stressful events
- Access to subconscious feelings
- Weight loss- helps to keep the remaining weight through long term change in your way of thinking, habits, and lifestyle
- Stopping smoking- already after 6 sessions there can be results
- Success against drug addiction

Although that according to the data base research made by Deutsches Aerztesblatt International and according to the conclusion that they came to, was that on people dealing with emotional stress the effectiveness was slight, intermediate in another and high efficacy in a third meta-analysis. Their results about pain management based on the people that took part in the analysis was not effective (Häuser et al., 2016).

One of the main benefits of hypnosis is that it makes the healing process quicker, because when we as patients are in trance the nervous system activity is being reduced, blood pressure sinks, and heart rate slows down. Another advantage is that it is always up to us which means we are the ones who decide whether we want to discover our subconsciousness or not. We decide what our aim is during the séance. It helps us manage our personalities and self-care skills through learning different techniques. This therapy is also cost-effective since in most of the cases there only four to six sessions needed to achieve success and the access is in most of the cases long-term (EVAMCLARK, 2017).

One of the main disadvantages is that it is not working for everyone. As already mentioned above only 10 per cent of the population can be hypnotized. Hypnotherapists are there to provide guidance, the rest is from us as patients. In addition, not everything can be healed or improved from the first session. Hypnosis can be very dangerous to people with psychosis. It can cause hallucinations. A hypnotherapist should not ask questions about childhood traumas while in trance because this could cause illusions. Through the therapy there is also the unwanted telepathy between client and therapist. People are afraid that the professional could get to know their deepest secrets or thoughts (The uses and abuses of hypnosis, 2016).

4.Hypnosis in orthodox treatment

Pain can be reduced by hypnosis. It's been shown that it is also effective. For example, clinical hypnosis has been used as an additional therapy to reduce the pain of cancer patients. Especially for children it's been shown that that It is helpful. The therapy reduces unwished side

effects like nausea. There is feedback from patients in obstetrics. They marked their birth with hypnosis as satisfactory. Hypnosis shortens the delivery of the fetus in the first stage, which means shorter labor (Marcin, 2019). Women need less medications, which is better for the fetus since drugs decrease the oxygen levels. Without any different reactions, hypnosis helps against pain caused by migraine or a regular headache. For pain relief hypnosis can be combined with acupuncture, which is also a complementary therapy from the Chinese medicine.

Behavioral management, addictions and psychosomatic disorders can be made easier too. For successful achievement there are specific techniques to outcome depression. It is very focused to what the goal should look like. Through that it reduces anxiety, gives the patient more responsibilities, it sets positive expectations and stops negative deliberation. The recommended therapy for that is the cognitive-behavior therapy. It also helps with smoking cessation, obesity, and hypertension (Garba and Mamman, 2020).

5.Contraindications of Hypnosis

There are contraindications of Hypnosis. As a beginning one of the contraindication can be the patient himself or more specifically his thoughts about the therapy. Some of the people visiting Hypnotherapy at the beginning are very nervous, they are scared to lose control over their bodies and that they might reveal their secrets. For most of the people using this alternative medicine it is being described as very relaxing and safe experience. In cases where patients still can not remain calm and trust the hypnotherapist it is being recommended to try something different. In these cases, is hypnosis contraindicated although it is shown that it is highly effective:

- Schizophrenia
- Pathological personalities
- Alcohol or drug psychosis
- Senility
- Epilepsy and Narcolepsy

In some situations, hypnotherapy has helped people with epilepsy, but this has been achieved after consultations with a general practitioner. For people with heart problems, this therapy might be also contraindicated (Contraindications for hypnotherapy, 2016).

6.Conclusion

As a conclusion it must be mentioned that not everyone has access to this type of alternative medicine. If you want to succeed it is very important clarify everything with your therapist, to remain calm and open your mind for new experience. Hypnosis is very helpful in managing with pain for example while delivering fetus in labor. It shortens the duration and reduces pain, which is helpful especially for people with trauma. Hypnosis can help us to find out more about ourselves. This kind of therapy is not recommended for people dealing with psychological problems. It should be discussed with a GP or another doctor if it safe and appropriate. It can lead to bad contraindications if we do not seek for assistance by someone with more knowledge about it. There are also regulation bodies e.g. The General Hypnotherapy Register where the client can find a registered hypnotherapist in the specific area. Sessions cost around 50£ and there are mostly only four to six needed to achieve the stated goal. Therefore, is this therapy also cost effective.

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