

Humboldt Hypnosis

A New Alternative As Old As Egypt

By Nathan Butler | Photograph by Clay McGlaughlin

When the term hypnosis comes up, what do you think of? Perhaps you think of someone waving a watch back and forth and strange insights into sudden, uncovered realizations. The truth of the matter is that modern hypnosis is becoming regarded more and more as a safe alternative to dangerous drugs, surgeries and expensive visits to psychiatrists. Dave Berman is at the forefront of this revolution in medicine and he is right here in Humboldt.

The key, according to Dave, is to unlock the strengths hidden inside your own mind. When you find yourself lost in a good book, or "in the zone" on a basketball court, that is a form of hypnosis. "The most important way these are all similar is that control still resides in the person, despite the appearance of being out of control or under the control of another person," Dave says. "Hypnosis is a heightened state of internal focus. Hypnotherapy is about helping people use that inward focus to discover their subconscious

has the ability to resolve issues that may be cognitive, emotional, somatic, or behavioral and which are simply beyond the scope of conscious control." It is by creating this state that the mind and body can meet and overcome such problems as smoking, overeating, anxiety, improve sleep and study skills.

Dave's clients have had such results as being able to quit smoking after only one session. Other testimonials include a client that was saved from a life long fear of tarantulas. All this is accomplished not with drugs or electroshock therapy, but with a few thirty minute sessions or less of Neuro-Linguistic Programming (NLP). NLP is the study of the interconnectedness of mind, body, language and behavior. By understanding how these factors relate and how they affect the world in which we live, people like Dave Berman can help to make adjustments that positively change the lives of anyone willing to improve.

Hypnosis dates back around 5,000 years to the Ancient Egyptians who used a form of hypnosis called "temple sleep" to help ailing patients. It spread to Greece and is responsible for the creation of the oracles (Delphi being the most

widely known). The misconceptions of hypnosis began in the 1920's when Vaudeville acts began using a bastardized form of it in their acts. After World War II, hypnosis grew from a mysterious pseudo science into an accepted field of study. This is due to the many successful treatments of soldiers suffering from Post Traumatic Stress Disorder (PTSD) and other psychological and physical ailments.

In recent years, science has repeatedly shown astonishing results from hypnotherapy. The growing laundry list of studies published in medical journals is taking this field out of the shadows and into the spotlight.

In a study done the by The University of Iowa, hypnosis is three times as effective for tobacco use cessation as "the patch" and fifteen times as effective as willpower alone. Another study published in the journal of Clinical and Consulting Psychology reports that hypnosis for weight loss is thirty times as effective as traditional methods. Other studies of hypnotherapy produce results ranging from recovery from surgery, lowered phantom limb pain, and seventy-seven percent success rate for drug addiction recovery.

"Hypnosis has provided safe, comfortable and natural sedation during medical and dental procedures since before chemical anesthesia existed," says Dave. In fact hypnosis in dentistry is nothing new and there are a growing number of dentists who themselves are trained in hypnosis to help ease the patient's anxiety or gag reflex that might otherwise inhibit successful performance of the procedure. Dave continues, "YouTube features many thousands of videos on the topic, including interviews with dentists who simultaneously perform hypnosis."

As humanity searches for the perfect combination of relief and safety, perhaps looking forward is also looking backwards. A new alternative is as old as pharaohs; an old study being rediscovered for its medical merit by psychologists, dentists, physicians and everyday folks willing to try something that does not require huge amounts of money or weekly trips to a pharmacy. The keys to the doors of self-improvement lay not so much in pills, patches, and programs but in the depths our own minds.

Dave Berman is based in Arcata, CA and is a Clinical and Medical Hypnotherapist. He is a Life Coach and master practitioner of NLP. He conducts sessions both in person at his office and on Skype. He can be reached at 707-845-3749 for a free consultation.

