



Biography

Mr. Solberg is a Certified Hypnotherapist and a Certified

Healthcare Executive. He received his Bachelors of Arts Degrees in Anthropology and Psychology from the University of Minnesota and his Masters Degree from Troy State University. Mr. Solberg is currently a Ph.D. student at Touro College, New York, NY.

His hypnosis education and training was undertaken under the supervision of an American Society of Clinical Hypnosis consultant leading to certification in hypnosis by the National Guild of Hypnotists. Continuing education in hypnosis is an invaluable and required component of the certification process.

Mr. Solberg is currently on active duty in the military service and practices hypnosis at hospitals, clinics and special workshops.

Learn more about Mr. Solberg, Hypnosis and its positive application at www.tranceformations.org

A Brief History of Hypnosis

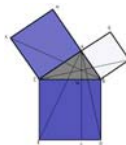
Hypnotherapy has been practiced and used ever since the dawn of civilization. For example, a Greek engraving dated 928 B.C. depicts a well-known physician, Chiron, placing a patient in a hypnotic trance. The Delphic Oracle and many other ancient writings mention the curative powers of hypnosis. Additional records of the earliest hypnotic sessions were recorded on a stone stele from Egypt in the reign of Ramses XII of the Twentieth Dynasty, some 3000 years ago.

The present resurrection of hypnosis is contributed to the pressing need to treat many conditions of both World War I and World War II veterans who would not respond to traditional medical treatment.

Hypnosis has been recognized as a valid medical therapy in the United States since 1958. Many mainstream physicians (particularly anesthesiologists and surgeons) are trained in hypnotherapy, as are a good number of dentists, nurses, and psychotherapists.

Dr. Andrew Weil, the author of the book *Spontaneous Healing*, writes that he refers patients to hypnotherapists because he has seen it produce excellent results in many illnesses.

Hypnosis is a powerful tool to help you lose weight or stop smoking. If you are looking for a complimentary approach for use with your current treatment for asthma, nausea, migraines, or other forms of pain, discuss the possibility of hypnosis with your physician.



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Frequently Asked Questions



Q. WHAT IS HYPNOSIS?

A. Hypnosis is a normal, natural state of being, which each of us experiences, many times each day. During these times we are able to experience thoughts and images as if they were real. For instance, when we find that we have been lost in a book for several hours, or when we drive home and cannot remember the journey clearly. The hypnotic state is one of heightened concentration and focused attention, often but not necessarily combined with deep relaxation.

Q. WHO CAN BE HYPNOTIZED?

A. Everyone can be hypnotized if they want to be. Approximately 97% of the population is hypnotizable. Approximately 20-25% of the general population can be deeply relaxed in a relatively short period of time. Although some people are more difficult to induce the hypnotic state in than others, with practice anybody can enter the hypnotic state. Whilst the degree of trance experienced varies from person to person everyone can easily achieve light trance with training, which is all that is required for the majority of therapy sessions.

Q. WHAT IS REQUIRED TO BE HYPNOTIZED?

A. Mainly, a willingness to be hypnotized and an ability to concentrate are extremely important. Equally important is confidence in the hypnotic process being utilized.

Q. WHAT ARE SOME BENEFITS OF HYPNOSIS?

A. You can learn to "relax." This ability in itself can change your outlook. For example, you can make your dental visits more pleasant. You can improve your memory and concentration, gain self-confidence, bring out hidden talents, control all of your habits such as overeating or drinking or smoking and control all of your everyday nervous tensions.

Q. IS HYPNOSIS DANGEROUS?

A. Hypnosis, when used properly, is no more dangerous than sleep. There is no evidence that hypnosis will ever weaken the will, or in any way adversely affect the physical or mental well being of a person. However, hypnosis can be dangerous if you're suffering from a serious psychiatric condition (particularly psychosis, organic psychiatric conditions, or anti-social personality disorder). These people should consult with a psychiatrist familiar with hypnosis before trying it

Q. HOW WILL I FEEL WHEN HYPNOTIZED?

A. There is no such thing as a hypnotized feeling, so you will not feel as though you are in a trance. For many people the hypnotic state does not feel much different to how they feel at other times. Whilst everybody experiences the hypnotic state in their own unique way, clients frequently report feelings of complete mental and physical relaxation. Bodily sensations may include any of the following: watery or fluttery eyes, changes in your breathing, warm or tingling feelings in the limbs, small muscle jerks in the hands, feelings of heaviness or lightness, or feelings of floating above the chair or sinking into the chair. Most people are aware of and remember everything that happens during therapy.

Q. COULD I GET "STUCK" IN HYPNOSIS?

A. No, hypnosis is a state of focused attention controlled by the client. Hence, the client **can** terminate the experience at any time they choose.

Q. DO I NEED TO ENTER A DEEP TRANCE FOR HYPNOTHERAPY TO BE EFFECTIVE?

A. No, most hypnotherapeutic work is done in light to medium trance. Moreover, levels of trance fluctuate during the hypnotic session. A person may be very deep at one minute and a few seconds later be almost wide-awake. The levels of trance that any individual experiences will naturally vary both within and between sessions.

Q. CAN I BE MADE TO DO SOMETHING I DO NOT WANT TO DO WHEN IN THE HYPNOTIC STATE?

A. No, when in the hypnotic state a person is aware of what is taking place and is in control. If suggestions are made which go against a person's moral code, desires or nature, they will either ignore these suggestions or, more frequently, come instantly out of the hypnotic state. Control, at all times, remains with the hypnotized person. Although the therapist may make suggestions it is the clients own mind and body that reacts to suggestion. Each client has their own unique style and it is the therapist's job to help clients develop their own capacity.



The clouds above us join and separate,
The breeze in the courtyard leaves and returns.
Life is like that, so why not relax?
Who can stop us from celebrating? - Lu Yu

Daily Applications for Hypnosis

Hypnosis for Labor and Delivery
Coping with Chronic Pain
Developing Memory
Improving Study Habits
Building Self-Esteem
Health Promotions
Smoking Cessation
Weight Loss
Stress Management
Dealing with minor phobias
Salesmanship
Public Speaking
Speed Reading
Etc...

Science of Complimentary and Alternative Medicine: Hypnosis

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