

Hypnosis

Hypnosis is a state in which you are under the influence of the hypnotist. The hypnotist may suggest to you that certain behaviors, feelings, thoughts will automatically happen and you, under his or her influence you will do exactly what is said.

BUT ... One cannot be hypnotized against their will.

Hypnosis could be so powerful that the hypnotist can induce **Posthypnotic amnesia**, by telling them to forget what happened during the hypnotic session.

Posthypnotic suggestions may be told during the hypnotic session, and it may be a suggestion to be carried out after the session. Hypnosis can help to relieve pain (headaches, stress related skin disorders, asthma) but it **cannot** give you super-human abilities; it appears that what you can do in hypnosis, you can also do in normal conscious states.

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<http://www.slideshare.net/ecastro/hypnosis-slides>

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Can hypnosis enhance memory?

Many researchers see some benefit - at least no harm.

Sometimes relaxation boosts recall but hypnosis can not affect how we store and retrieve memories.

But, hypnotists suggestions can become 'memory.'

American, Australian and British, Canadian courts ban testimony from witnesses who have been hypnotized.

Toronto man admits killing girlfriend in '92 case involving hypnotized witness ...

http://www.njtimes.sk.ca/News/Justice/2009-08-14/article-84229/Toronto_man_admits_killing_girlfriend_in_92_case_involving_hypnotized_witness/

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Is hypnosis an altered state of consciousness?

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