**Dangers of the Hypnotherapy That Are Not Known**

Hypnotherapy is the therapeutic aspect of hypnosis, which is widely promoted and used, however, there is not a strong evidence that the hypnotherapy is useful and it partly relies on the placebo effect. While many dangers of the hypnotherapy are denied, it is a fact that there are possible dangers. I have been highlighting earlier many dangers of the hypnotherapy from a scientific perspective (link), but this is just a part of the truth (as the Western science is limited). Unfortunately, hypnotherapy is much more dangerous than as it is known.

James Braid (1795-1960) is regarded as the 'father of modern hypnotism', however, there is still no clear explanation how hypnosis works, what consciousness is, and how hypnosis affects consciousness.

**Doing a Hypnotherapy could be very dangerous, because therapists are not aware of the true nature of hypnosis.**

According to Freud, the mind has separate layers: unconscious, preconscious and conscious. Also, there is the ego (operates on reality principle; conscious thoughts) that makes the balance between internal desires (id) and the demand of the outside world (superego).Freud suggests that if the ego cannot cope with an experience, the ego use a range of defences (denial, suppression, repression, projection etc.) to protect itself from anxiety. This defence is usually necessary. However, it could be an obstacle for the development or to the healthy functioning of the individual. For this reason hypnotherapy is often used to bring up memories. Many mind-body functions can be also changed by hypnosis.

By focusing on Freud's theory (which are often stated outdated, limited and biased), we can conclude that **experiences in the unconscious are hidden from the conscious mind in order to give some protection**. It means that it is not safe to manipulate memories and to make changes in this part of the mind because it can remove the protection from the anxiety and it can cause psychosis. During the hypnosis patients do not experience this anxiety due to the hypnotic state, but later, unpredictable consequences can appear in the patient's life.

The problem is that hypnotherapy practitioners are ignoring the fact, that **our consciousness is much greater and more sophisticated** than they think. The mind's inner function is intelligent and everything is there for a reason. Many things cannot be changed without causing harm to the patient.

The main problem is that the hypnotherapist is the one who is deciding what is the patient problem and what information he wants to bring up to the conscious memory, but he/she is not aware of the consequences of these changes. **As the patient's consciousness is not known to the therapist, consequences of the therapy are not clear as well.** Usually there is a target problem that is intended to be solved in a few sessions, but the patient's qualities are unfortunately often ignored. Even if the target is achieved and the patient seems recover from the target issue(s), **the destruction caused and long term consequences are unknown**.

The information that we cannot consciously access are for a reason in a deeper consciousness and most patients are not ready to handle this information in a few sessions without experiencing a trauma. These individuals' awareness has to develop gradually (or to grow spiritually) to be able to handle these deeper layers. The mind can be imagined as a cabbage or an onion (see the picture above), where each leaf or layer represents a layer of consciousness. If the problem is not on the surface than it cannot be accessed without damaging other layers. When the patient has changed enough − which means that the consciousness is changed − there is an open door for other changes. A step-by-step or layer-by-layer work is necessary. The control needs to remain in the mind and nothing is good to be changed by a force. To achieve this, hypnotherapy is not the best tool. **By using the wrong tool, more harm than good can be caused to the patient.**

To use an another resemblance to describe the function of the hypnotherapy, it can be stated that hypnotherapy functions like a deception that brings up information through the back door of the brain, which should remain locked to protect the mind.

In the West the consciousness has been studied only for a few of hundred years. On the other hand, in the East consciousness has been studied for a few thousand years. Someone can pose a question if the Eastern knowledge is so advanced why we do not hear about it? If it exists, why we do not use Eastern techniques instead of Western techniques?

The answer is simple. We often rely only on scientific information and we refuse everything else. The sad fact is that the science is dogmatic as some religions are. But beyond the science, there is a huge heritage of knowledge, which is available to everyone who is ready to accept it. :)

**There are different types of 'special' therapies and regression techniques that are much better than the hypnotherapy.** As a comparison, they lack many dangers and side-effects of hypnotherapy (link). In contrary of hypnosis (or other psychogenic drugs), the key features of these techniques are that the feelings and senses are awake during the treatment and the person remains conscious during the session. It means that the self-control is not restricted; the treatment is more ethical as the free will is not limited.

The most important thing regarding these techniques is that patients are not harmed (if the right technique/method is used). These techniques are 'intelligent' and they do not let access to data/information in the unconscious until the patient is not ready to accept it consciously and takes account of the individuals 'mental load', disclosing as much trauma as the person can handle and correct at the given situation. This way patients remain protected from the harm which in the case of hypnotherapy would not occur.

“Everyone should consider his
body as a priceless gift from
one whom he loves above all, a
marvellous work of art, of
indescribable beauty, and
mystery beyond human conception, and so delicate that
a word, a breath, a look, nay, a
thought may injure it.”
― Nikola Tesla

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