Contraindications and Dangers of Hypnosis

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Abstract: A few years ago as a new phenomenon in hypnosis discussion between students and academic circles and among the general public even more stilted spread. Everyone has opinions and comments expressed in these comments unrealistic or impractical in many subjects and appear distorted. However, with the introduction of a number of Chinese and Longbow, hypnosis have defined it, seems to cure any ailment and is the key to every problem. Perhaps a way to exploit and profit from it as well, he said. As these measures have damaged the reputation and value of scientific phenomena. Although hypnosis is a safe and secure manner and with fewer side effects compared with other methods, or prescribing medication. But the potential side effects are unwanted effects as in the previous (hypnosis risks) were expressed. And implied that it was way too dangerous. Hypnosis is a better place set up like any other therapy would help, but side effects, side effects and precautions are necessary.

Keywords: Hypnosis, contraindications and dangers, side effects of Hypnosis

I. SIDE EFFECTS OF HYPNOSIS

Hypnosis is an admittance of adverse reactions and side effects, and the consequences associated with limited and brief. Most minor reactions during or immediately after the induction of hypnosis occur. Numerous minor side effects may occur Asta’ hypnotic induction. These effects are often reported and have not been studied systematically.

These complications are relatively common and occur in 1% of the first induction occurs in patients who have psychological disorders. One of the most common side effects during induction, increased anxiety. Often this anxiety is the fear of losing control, many patients, it would relate to hypnosis (1).

One of the major risks to the subject of hypnotist dependence on the therapist's affiliation with a strong positive Transfrns mode shape. On the other hand, those characters are immature or who are in fact forms of assessment which may arise Transfrns. The second issue is problematic for both the patient and the therapist. Also, patients with paranoid and obsessive – compulsive (O.C.D) are not good candidates for hypnotherapy. Mentally retarded people (M . R) and psychiatric absolute contraindications are also part (2).

Transient experiences following hypnotic testing Mrvd has been studied. Following the implementation of the Harvard Group Scale of 5% and 29% of the scale, followed by Stanford bunny - Cute about hypnosis, hypnosis have reported experiences after a brief transient. The most commonly reported experience is: Dirt nap and sleep - cognitive distortions and confusion - nausea (3).

Most side effects were resolved in less than an hour, but continued for some hours. Research on meditation has shown that, after meditation, a person back to normal as quickly as possible, the more pain occurs. Therefore, patients who experience headaches after hypnosis is recommended that, at the end of next induction them slowly and gradually get more out of their hypnotic state (3). Hypnosis is actually a benign condition alone (4).
The most likely adverse effects on the hypnotism of the following:
- Followed by professional hypnosis or in Khanyadgy or friendly gatherings.
- Followed by a stage hypnotist.
- When you sign on the side of the steering wheel is straight.
- When the therapist to treat ADHD without the use of hypnosis is untrained.
- When is empathy so unintended hypnosis, or hypnotic effects "a heavy-handed" is not neutral (5).

More hypnotic effects can be categorized into the following groups:
- Psychotic symptoms or acute panic attacks: who is more likely to occur when patients with psychosis prone, clumsy disclosures techniques used (6) (7). Acute anxiety or panic attacks, post-authoritarian indoctrination may occur in patients with conversion disorder (8). If the patient Fvbyk very rapid desensitization in the face Fvbyk they may also develop anxiety is severe.

II. INCREASED RISK OF DEPRESSION AND SUICIDAL BEHAVIOR.
Most injuries occur when a sign of physical (somatic) in a patient with hypnosis depressed suicide occurred. A dentist, a sign "jaw locking the" rubber lady took her hand and subsequent teeth (8).

III. POSSIBLE MEMORY CORRUPTION
Memory hypnosis and outside it is incomplete and subject to distortion. But it seems, if memory Thma pollutants; But the way the questions are asked and the way the interview is conducted in a state of hypnosis or otherwise cause memory corruption (9).

IV. HYPNOSIS AND SELF-CONFIDENCE
About a third study was conducted on hypnosis and self-confidence, increase self-confidence is not observed. Studies on the effect of hypnosis on self-esteem was only slight, this increase represents (eg 11%). These include inculcating social and Sypgyranh adverse impact that they can simply be attributed to the results (10).

V. SEXUAL SEDUCTION
Unethical and inappropriate sexual contact with patients, physicians, psychiatrists, psychologists and dentists in America occurs in about 10%. Naturally, this includes people with no proof or evidence that hypnosis is doing well (11).

"Learned helplessness " from the profile rape cases exceeds that of memory, and conscious experiences are varied and seem to not learn them - are more likely later by others (12).

VI. PRECAUTIONS AND CONTRAINDICATIONS
Although simple hypnotic induction in a safe condition, the procedure is very safe, but the first attempt to do hypnosis is to be done under the supervision of experienced professionals. Forum states that "Hypnosis is a state of consciousness in which it is reduced and thus the desperate Hypnvtyzvr or be uncommitted, are threatened and may be exploited. Many problems arise when hypnosis is used for misuse and abuse (13).

These complications can be prevented by the following measures:
- Hypnotism stage and should be done professionally.
- On behalf of the staff refused to sign.
- In patients with borderline personality disorder and psychotic technique to detectors used with caution.
- Never hypnosis for therapeutic way to treat them than the hypnosis evidence or not enough experience, do not use.
- Detect the disorder before treatment is essential.
- Therapists use hypnosis to control, law enforcement officers in order to encourage law (14).
VII. THE BOTTOM LINE

I must honestly admit that this set does not cover all aspects of hypnosis. But the main objective of developing this collection the reader's attention to the problems and obstacles that That may be encountered during the use of this therapy. During the studies and experiences came to the conclusion that : Hypnosis in the hands of ignorant people who do not adhere to ethical principles can be lived like a hedgehog at hand. In such circumstances, not only the client and the client profit, perhaps not as he would suffer irreparable harm. In these cases mentioned above, it seems to attract the reader's attention to the dangers that exist during hypnosis, is enough.

It is recommended that as partners in future research on the positive results in the treatment of disease, Limitations and further speculation about its adverse effects preparations. So I hope this is able to lead to other colleagues about the adverse effects of this phenomenon and its constraints and do more comprehensive research.

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