



**Look Good. Feel Great!**  
Hypnotherapy – mind over matter

## Resolving addiction

**DR CASEY CHUA of Hypnae Center explains how hypnotherapy can help addictive behaviour.**

**Q** *I have a problem with drinking. Can hypnosis help?*

**A** Yes, but I ask two questions of anyone seeking treatment for addiction – “Do you recognise you have a problem?” and “Are you motivated to rid yourself of it?”. If the response is “yes”, then treatment will be far more successful.

A person is considered addicted to a substance when he or she cannot control their habits they find comfort in the pursuit of a sustained habit. In the absence of the substance demonstrate irrational behaviour, they’ll repeated and unwarranted action – shouting and aggression, for example – as well as irrational actions and behaviour such as undressing in public and suicidal tendencies.

Chronic alcoholism is a symptom of a deep-seated personality disorder. The addictive substance is usually selected to “dull” or avoid intolerable life situations. There is no typical personality profile for an alcoholic, but feelings of hostility, insecurity and inadequacy are typically present. If alcoholics recognise they have a problem, the first purpose of therapy is to motivate the individual to stop drinking. He or she is then taught to adapt and cope with difficult problems – rather than using regressive behaviour at the first sign of stress. Alcoholics who do not wish to be helped – or are an involuntary client – cannot be helped by any psychotherapeutic approach, unless they are institutionalised for long-term psychotherapy. But under enforced conditions the prognosis is poor.

Conditioned reflex treatment, has proven successful with some patients. Additionally, if a healthy relationship exists between the therapist and client, recovery forces will be mobilised. The desire to abstain is also reinforced by appropriate hypnotic suggestions. Motivation is enhanced by other post-hypnotic suggestions, such as the setting of a deadline for the daily or weekly decrease in the quantity consumed. Health benefits are reinforced and the patient’s self-esteem is usually enhanced by such a therapeutic regime. Self-destructive drives are then channelled into healthy outlets such as hobbies, sports and social activities.

But just like any form of treatment, hypnotic reports and studies have shown *consenting* alcoholics have a better chance of overcoming their addiction with hypnotic suggestions and therapy. **F**

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