

# The Hypnosis Examiner

WHAT DO YOU LOOK FORWARD TO IN THE NEW YEAR?



It's a brand new year. One that has never been seen before by anyone.

Have you looked into your future for the upcoming year? Have you considered what you will do this year?

Have you planned on doing anything different or just continuing on the same road?

Or maybe, you've not thought about it at all!

Consider giving it serious thought.

It IS your future!

-The Editor

## Feature Article: "PERSONAL CRISIS"



A personal crisis occurs when an individual can no longer cope with a situation. This is preceded by events of an extraordinary nature triggering extreme tension and stress within an individual, i.e., the crisis, which then requires major decisions or actions to resolve. Crises can be triggered by a wide range of situations including, but not limited to, extreme weather conditions, sudden change in employment/financial state, medical emergencies, long-term illness, and social or familial turmoil. Crises are simply a change in the events that comprise the day-to-day life of a person and those in their close circle, such as the loss of a job, extreme financial hardship, substance addiction/abuse and other situations that are life altering and require action that is outside the "normal" daily routine. A person going through a crisis experiences a state of mental disequilibrium, in which the ego struggles to balance both internal and external demands. In this case, said person resorts to coping mechanisms to deal with the stress. Various coping mechanisms include:

- High emotions (*crying, physical withdrawal*)
- Defense mechanisms (*denial, repression*)
- Making rash decisions
- Acting out
- Putting things on hold

In some cases, it is difficult for an individual undergoing a crisis to adapt to the situation. As it is outside of their normal range of functioning, it is common that one endures a struggle to control emotions. This lack of control can lead to suicidal tendencies, substance abuse, trouble with the law and general avoidance of resources available for help. One such resource used to aid an individual in crisis is their social support system, which can come in the form of family, friends, coworkers (*cont. page 2*)



**PERSONAL CRISIS** *(from front page)*

or health professionals. It is important that a support system consists of people that the individual trusts. Although these support systems play a crucial role in aiding an individual through a crisis, they are also the underlying cause of two-thirds of mental health crises. The aforementioned mental health crises can include marital issues, abandonment, parental conflict and family struggles.

In order to aid someone in crisis, it is crucial to be able to identify the signs that indicate they are undergoing an internal conflict. These signs, as well as the aforementioned coping mechanisms, include:

- \* Irrational and/or narrow thinking
- \* Lowered attention span
- \* Unclear motives
- \* Disorganized approach to problem solving
- \* Resistance to communication
- \* Inability to differ between large or small issues
- \* Change/alteration to social networks

As aforementioned, a crisis can be overcome by implementing mechanisms such as: sleep, rejection, physical exercise, meditation and thinking. To assist

individuals in regaining emotional equilibrium, intervention can be used. The overall goal of a crisis intervention is to get the individual back to a pre-crisis level of functioning or higher with the help of a social support group. There's a strong correlation between the client's emotional balance and the trust in their support system in helping them throughout their crisis. The steps of crisis intervention are: to assess the situation based on behavior patterns of the individual, decide what type of help is needed (*make a plan of action*) and finally to take action/intervention, based on the individual's skills to regain equilibrium.

Another method for helping individuals who are suffering in a crisis is active listening. It is defined as seeing circumstances from another perspective and letting the other person know that the negotiator (*the helper*) understands their perspective. Through this, they establish trust and rapport by demonstrating empathy, understanding and objectivity in a non-judgmental way. It is important for the negotiator to listen to verbal and non-verbal reactions of the person in need, in order to be able to label the emotion that the individual is showing. Thus, this demonstrates that the helper is tuned in emotionally.

The goal in any crisis situation that is most helpful is active listening.

**CRITICAL FACULTY**

The critical faculty (*factor*) is the part of the human mind that accepts or rejects incoming information and decides whether that information should be allowed entrance into the subconscious mind. It also checks to see whether that information is compatible with the beliefs, values, and ways of thinking previously stored within the subconscious mind. If the new information is compatible, it accepts it and allows it in. If the new information is not compatible, it rejects it and does not allow that information access to the subconscious mind. In short, your critical factor distinguishes between what you already feel to be "true" about yourself, others, and the world, and labels most other information that conflicts with your previously held beliefs as "not true."

Let us look at the good and bad parts about the critical factor:

You should be thankful that you have a critical factor because it protects you from harmful influences affecting your subconscious mind. Think about it. If you did not have a critical factor, anyone could influence the way you think, feel, believe, and behave. You would not have the ability to choose what

information you wanted to accept and what information you did not want to accept. You also would not be able to distinguish between what you think is true and what you do not think is true. You could easily end up entangled in some fanatical cult before the day was out! It is good to have a critical factor, is it not?



Now that we have looked at the good things about the critical faculty, let us now shine some light on the negative parts. The fact is, not all of the previously stored information contained within our subconscious minds that affects the way we think, feel, and believe is always helpful to us, or even useful for that matter. Oftentimes we would actually like to change the ways that we think, feel, believe, and behave. More often than not, we find it to be extremely difficult to do so.



The reason for this is that the critical faculty can be very resistant to change. It has good intentions. It wants to protect you and keep everything in homeostasis (*keep everything comfortable and the same as it always has been*). (continued page 8)

## SELF-HYPNOSIS

*How YOU Can Do It!*



More and more, people are deciding to learn Self-Hypnosis. It is not without good reason that this is happening.

Hypnosis in the therapeutic sense is not cheap. Expect to pay in the neighborhood of \$250 to \$500 a session. That may sound very expensive but it is worth every penny. A good hypnotherapist can help you make permanent change and they can help you get into hypnosis deeper and faster than you may be able to do on your own.

On the other hand, self-hypnosis is easy to learn and worth the small investment in time because each time you practice self-hypnosis, you'll go further deeper into it and the deeper you go, the better it works.

Self-hypnosis can help you reduce stress, feel more confident, sleep better, focus better and feel more calm and relaxed in everyday life. Learning self-hypnosis is easy and you can start with this brief instructional article.

Let's begin by first identifying a specific time for this to take place. Early morning or late at night work well for many people.

Next, make sure that the time you select is a time when you will *not* have interruptions from family or friends. Move away from the phone or be sure to turn your cell phone off or put it on silent during your session.

Find a space to use that is comfortable. Choose a space with a comfortable chair or couch but do not lay down because you may have a tendency to fall asleep. Be sure to use the bathroom before you begin. You may also like to have soft relaxing background music playing during your session as long as it's not disturbing or distracting to you. It's probably better to use music that is instrumental rather than vocal such as "new age" or even classical.

Now, sit down and make yourself comfortable in the chair. Allow yourself to begin by closing your eyes and taking 3 slow and deep inhalations and exhalation into the nose and out of the nose. Imagine, as you exhale, that you releasing all mental stress from the mind and physical tension from the muscles.

As you continue to breath, each time you exhale your body will begin to relax more and more starting from the top of your head and working down to the tips of your toes.

Begin to notice that your scalp relaxes, your facial muscles relax, your neck relaxes and you can feel the stress and tension just drifting down, down your body toward your toes.

As this continues to happen, let your body just go . . . and begin to just melt into the chair and become one with it.

As you relax more and more, let yourself go deeper and deeper into relaxation. Do this by thinking or imagining that there is a beautiful staircase in front of you that has 10 steps that go down, down, down to a beautiful, and restful place. This place is a very special place just for you. It can be any place that you wish.

Now, imagine slowly taking a step down one step at a time and with each step you take, you are becoming deeper and deeper relaxed. As you step down each

step, count down each step from 10 down to 1.

Each time you step down and count that step, your relaxation will *DOUBLE!* Begin.

When you reach the last step, #1, you will be 10 times deeper relaxed than you were before. 10 times deeper relaxed.

You are now in YOUR special place. You are alone, if you want to be. This is your special place.

Take *ALL* the time that you wish to enjoy this special place for as long as you desire. Let yourself go and do whatever you desire in your special place.

*ENJOY YOUR SPECIAL PLACE!*

When you are ready and only when you are ready, you may come back to the here and now and become fully awake feeling fresh and healthy. Feeling wonderful, simply wonderful.

So, as you prepare to leave your special place, go back to that beautiful staircase.

Now begin to slowly walk up the staircase taking one step at a time and counting from 1 to 10 as you ascend the staircase.

With each step up the stairs and as you count each step, you will become more alert, more aware and more awake.

When you reach the last step, step 10, you will then become wide awake, fully alert, feeling wonderful, absolutely wonderful.

Now, with your eyes wide open, take one deep breath into your nose and out of your mouth. You will feel like you have just had 8 hours of sleep. Feeling rested and fully alert!

If this experience makes you feel better and less stressed, then try to do it once a day. The more you do it, the easier it becomes to do it.

If you experienced difficulty achieving this state of relaxation, don't give up. Try it again another day. You *CAN* do it!

## THE PROBLEM WITH PAIN



Pain. What is it? We have all experienced it at one time or another, however, the question is . . . what is it?

First of all, it can be physical, mental or spiritual. Generally, we think of pain as being physical such as where does it hurt? We respond, "it hurts here," as we reference a physical location on our anatomical structure.

However, the problem with pain is, is your pain really physical or is it mental or spiritual? Is it acute or chronic? Stabbing or aching? Intense or dull? Unbearable or just annoying? Or, is it a combination of two or more of the above?

Let's define pain: localized physical suffering associated with bodily disorder (*as a disease or an injury*); also a basic bodily sensation induced by a noxious stimulus, received by naked nerve endings, characterized by physical discomfort (*as pricking, throbbing, or aching*), and typically leading to evasive action.

In its more complex form, such as in the case of a chronic condition

accompanied by depression or anxiety, it can be difficult to isolate and treat. Pain receptors, found in the skin and other tissues, are nerve fibers that react to mechanical, thermal, and chemical stimuli. Pain impulses enter the spinal cord and are transmitted to the brain stem and thalamus. The perception of pain is highly variable among individuals. It is influenced by previous experiences, cultural attitudes (*including gender stereotypes*), and genetic makeup. Medication, rest, and emotional support are the standard treatments. The most potent pain-relieving drugs are opium and morphine, followed by less-addictive substances and non-narcotic analgesics such as aspirin and ibuprofen.

On the other hand, pain is more than mere physical response to stimuli. When pain is mental, emotional, spiritual distress or suffering, what is it and what do you do with it?

Since the beginning of time, man has faced and dealt with pain on many planes. Today, man continues to face and deal with pain and you can be sure that life will not be without its future pains.

If pain has been, is and will be a natural part of life, then the problem of pain should be addressed by each individual as we are assured of having to deal with it on more than one occasion in our lifetime.

An ideal resolution is to learn how to deal with the problem of pain early in life and improve the process as life provides more opportunities during the aging process. However, since pain can present itself in so many different and varying manners at even more levels or degrees, it may not be practical to think that one could learn to deal with them all early enough in life to manage pain well whenever it is encountered throughout life.

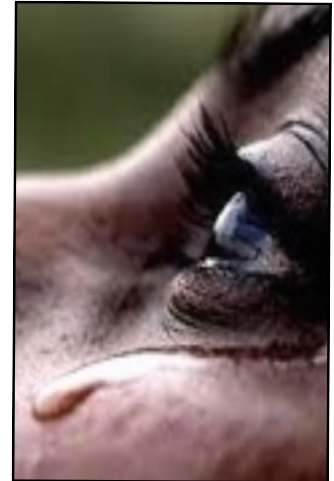
So, the problem with pain remains unresolved. What can you do about pain?

The answer: Learn to live with it! It's just that simple. It is as simple as breathing the air around you. Simple? Yes. Easy? No, so you need to practice making it a simple and effective habit.

Each day in your life acts as a learning experience. You encounter small, insignificant obstacles daily stemming from what to eat for a meal; what clothing to wear that day; which route to take to work to more complex encounters such as who your friends are; how you act socially; how you conduct yourself professionally and what values and beliefs you establish for yourself.

Each of these decisions will create or eliminate a source of pain in our life at some level from your physical to spiritual existence. Be aware of your decisions and the consequences that come with them whether they be good or bad. When you learn to live with your decisions about your life, you will learn how to deal with the problem of pain whether it be great or small, intense or mild, internal or external.

Of course, we all have challenges doing just that, so remember, there are methods and people who can help you!



## WHAT IS HYPNOSIS?

A few years ago, in our first edition of T.H.E. newsletter, we defined hypnosis. It can never be accurately defined enough.

There are too many inaccurate beliefs and misconceptions about hypnosis mainly due to the “Svengali Effect” that continue even today to sabotage the wonderful and healthful benefits of hypnosis.

Therefore, we will again, define what and why hypnosis is a beneficial modality and health care option in today’s society.

Simply stated, hypnosis is a state of heightened suggestibility. This state can be self-induced or obtained with assistance. The American Psychological Association describes hypnosis as a cooperative interaction in which the participant responds to the suggestions of the hypnotist. While hypnosis has become well-known thanks to popular acts where people are prompted to perform unusual or ridiculous actions, the technique has also been “clinically” proven to provide medical and therapeutic benefits, most notably in the reduction of pain and anxiety.

Physicians, psychologists and hypnotherapists have used hypnosis as a valuable tool in solving unwanted behavioral patterns such as insomnia, lack of concentration, memory loss, fears and phobias, stuttering, pain management and asthma. Hypnosis has also been helpful in treating smoking, overeating, alcoholism and skin conditions like acne and warts.

Got Problems?  
We have Solutions!  
Have you tried Hypnosis?



Get **10% off** the Initial Visit when you mention this advertisement.

Get **15% off** when you Print & clip this ad, bring it to your Initial Visit.

Get **20% off** when you Download our “Hypnosis HWU” App to your favorite device.

Health & Wellness, Unlimited  
tophypno@aol.com  
(609) 923-4999

## GET THE “HYPNOSIS HWU” APP

Read any of the 4 latest published editions of “The Hypnosis Examiner” newsletter whenever you wish.

Check out our Twitter account and all relevant tweets about hypnosis.

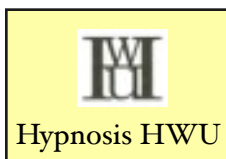
View informative video recordings that demonstrate how hypnosis works.



Listen to hypnotic Audio recordings for personal use anytime and anywhere right at your fingertips.

“Inquiry” and “Review” features permit you to have direct contact and feedback with us.

We monitor and update our app regularly with new features like our “Videos” and “Live Albums.”



## SUGGESTIBILITY AND HYPNOSIS

Suggestibility is the quality of being inclined to accept and act on the suggestions of others. A person experiencing intense emotions tends to be more receptive to ideas and therefore more suggestible. Generally, suggestibility decreases as age increases, however, psychologists have found that individual levels of self-esteem and assertiveness can make some people more suggestible than others.

The extent to which a subject may or may not be "suggestible" has significant ramifications in the scientific research of hypnosis and its associated phenomena. Most hypnotherapists and academics in this field of research work from the premise that hypnotic susceptibility (or suggestibility) is a factor in inducing useful hypnosis states. That is, the depth of hypnosis a given individual can achieve in a given context with a particular hypnotherapist and particular set of beliefs, expectations and instructions.

Three different types of suggestibility have been identified: emotional, physical and intellectual.

- Emotional Suggestibility - A suggestible behavior characterized by a high degree of responsiveness to inferred suggestions that affect emotions and restrict physical body responses; usually associated with hypnoidal depth. Thus the emotional suggestible learns more by inference than by direct, literal suggestions.

- Physical Suggestibility - A suggestible behavior characterized by a high degree of responsiveness to literal suggestions affecting the body, and restriction of emotional responses; usually associated with cataleptic stages or deeper.

- Intellectual Suggestibility - The type of hypnotic suggestibility in which a subject fears being controlled by the operator and is constantly trying to analyze, reject or rationalize everything the operator says. With this type of subject the operator must give logical explanations for every suggestion and must allow the subject to feel that he is doing the hypnotizing himself.

Hypnosis is rarely a "battle of wills." Predominantly, people instinctively feel more subjectively comfortable when receiving positive suggestions in the understanding-framework we understand most easily. In practice, most people are less likely to resist the ideas for optimism or fresh perspectives if they: a) concur with other ideas

already held; b) are consistent with favorite decision-making patterns; c) flatter our self-identity to a level we accept; d) contain positive rather than negative enforcement toward something good rather than away from something bad; e) are suggested in terms that mirror sensory combinations that person experiences the world through...making it easier for the suggestion to "make sense" as in Neuro-Lingusitic Programming (NLP).

Suggestions are not necessarily verbal, spoken, or read. A smile, a glare, a wink, a three-piece suit, a scientist's white coat, are all suggestive devices that imply more than the immediate action. A hypnotist uses techniques that use these instinctive "fillings-in of gaps" and changes to how we respond to a scenario or moment. In the therapy setting, a hypnotist or hypnotherapist will likely evaluate these automatic cognitive leaps, or dogma, or any self-limiting or self-sabotaging beliefs.

When talking about suggestibility it is important to not overlook the part of the population that is the most susceptible to influence, children. Children have an ever developing mind that is constantly being filled with new information from sources all around them. Thus, researchers have identified key factors, both internal and external, that are strong markers for suggestibility in children.

Internal Factors: a) Age - Children have a remarkable ability to remember events in their lives. The real variability between ages in suggestibility is the amount of detail provided for an event. Memory detail will be great for older children. The problem as it relates to suggestibility is when children, and even adults, blend previous knowledge of similar experiences into their recollection of a single event. Children, particularly younger children, are prone to including details that are similar yet unrelated to the specific event showing that the age of a person is critical in their susceptibility to influence. b) Prior Knowledge - As mentioned before, the possession of prior knowledge that relates to an event can be particularly dangerous when dealing with child suggestibility. Prior knowledge, as it relates to suggestibility is the use of past experiences to help reconstruct past or current events. Prior knowledge of an event can actually be effective at producing accurate recall of a particular situation, but can also be equally as effective at producing false memories. Research showed that when presented with a previously familiar situation, children were likely to falsely recall events as if they had happened. c) Gist Extraction - Children are extremely likely to recall false memories (*continued on page 7*)

**SUGGESTIBILITY** *(from page 6)*

when past events are similar to a current event. They will also recall false memory details that are seemingly unrelated to the event. Researchers named this phenomenon, global gist which is a representation that identifies connections across multiple events. Children will falsely recall information that fits with their representation of the events around them.

External Factors: a) Interviewer Bias - This is the opinion or prejudice on the part of an interviewer which is displayed during the interview process and thus affects the outcome of the interview. This happens when interviewers pursue only a single hypothesis that supports what they already think and ignore any details that counter their hypothesis. The goal is not to get the truth but simply corroborate what is already believed. Some believe this to be a necessary way of extracting information from children. b) Repeated Questions - It has been shown that asking children the same question over and over again in an interview will often cause the child to reverse their first answer, especially in yes or no questions. It is the child's belief that since the question is being repeated that they must have not answered correctly and need to change their answer. c) Interviewer's Tone - Children are extremely perceptive of people's tones, especially in an interview situation. When an interviewer's tone dictates the

questioning, a child is likely to construct memories of past events when they actually have no memory of that event. An example would be that when a positive tone is used, it has shown to produce more detailed and accurate accounts of events. Conversely, it has also been shown to have the opposite effect and produce just a lot of false information to appease the interviewer. d) Peer Interactions - Children's accounts of events can be greatly distorted by information from their peers. In some cases, children who were not present at the time of an event will recall being at the event, and details of the events. This information most likely has come from their peers. These children also most likely speak up just so not to feel left out. e) Repeating Misinformation -

Repeating misinformation is simply when an interviewer gives a child incorrect details of an event. This technique is used over several interviews and occurs several times within a single interview. It has been shown to have a great effect on the accuracy of a child's recollection of an event, and eventually, the misinformation will be included in the child's account of a given event.

A couple common suggestible behaviors in everyday life include "contagious yawning" (*multiple people begin to yawn after observing a single person yawning*) and the medical student syndrome (*a person begins to experience symptoms of an illness or disease after reading or hearing about that particular illness or disease*).



**WRITE & SUBMIT AN ARTICLE**

We welcome written material for publication. There are no deadlines for submission. When your article arrives, it will be considered for publication in the next quarterly edition. You do not have to be a journalist or professional writer to submit an article. Just draft it and submit it. We will do the rest. It's just that simple and easy to do.

"Attach" your article to an email and submit to: [tophypno@aol.com](mailto:tophypno@aol.com)

Type in the subject line: T.H.E. NEWSLETTER ARTICLE

# *The Phobia Phighters*



## *Can Phix Your Phobia!*

Fears and phobias can rob you of reality and make life difficult to enjoy.

Hypnosis is a reality that can give you back your freedom.

Learn exactly how you can become **“Phobia-Phree”**

Call (609) 923-4999 or Email [tophypno@aol.com](mailto:tophypno@aol.com)

### CRITICAL *(from page 2)*

It does this for your survival. It figures that what you have been doing, thinking, feeling, and believing has worked for you up until now. It may not work well, but it still works. So the critical factor will not let much of anything "rock the boat" if it can help it.

This can be problematic when you really want to make some changes you know would be good for you. Now perhaps you can see why it would be necessary to bypass the critical factor. You have to do so in order to reprogram the subconscious mind so that you can make real and lasting changes from the inside out.

Hypnotists know about the critical factor and how it naturally rejects new information that does not agree with the previous programming in the subconscious mind. They also know that in order to help people make the changes they desire, they must find ways to bypass the critical factor. In reality, there are many ways to do this. For now, we will take a look at one way: hypnotic language patterns.

Truthfully, you probably use a lot of these language patterns in your day-to-day speech without

being aware of it. This is especially true when you are really trying to persuade someone to come to your way of thinking or persuade them to do something you want.

Some examples of these patterns that you may have used in your daily life are:

*“I really shouldn’t stay any longer, should I?”*

*“You shouldn’t eat another piece of cake, should you?”*

*“I’ve found that becoming interested in new hobbies can be a great way to pass the time, haven’t you?”*

*“It’s easy to know who’s right for you, isn’t it?”*

*“I shouldn’t really have another drink?”*

*It’s strange, I never really noticed how easy it is to build rapport with a complete stranger, haven’t you?*

Hypnotic language patterns are effective tools for bypassing the critical factor. They are ways of communicating that make it a lot more likely that the suggestions you give will be accepted. They sort of fly in "under the radar" of the critical faculty. They sound very normal, natural, and conversational when delivered skillfully. That is why they are so effective!



HAPPY NEW YEAR & NEW YOU

# World Hypnotism Day

## What is World Hypnotism Day?

This is a free event sponsored by thousands of hypnotists around the world. Globally, hypnotists offer special events and appearances to educate and inform the public about the many benefits of hypnotism.

## Do I need an appointment?

No. We encourage everyone to contact us, ask questions and find out what hypnosis can do for you.

## Have you experienced the Resolution Blues?

Learn how to beat the Resolution Blues and succeed at your goals. What could be a better way to start the New Year then learning about and using the amazing power of your own mind?



**FREE EVENT  
THROUGHOUT THE  
ENTIRE MONTH OF  
JANUARY**

Questions or assistance?  
I'll be available "EVERY DAY"  
in "JANUARY" for a "FREE Consultation!"  
Jonathan B. Walker, PhD, MHt  
Master Hypnotherapist  
Call me at: (609)923-4999  
Email me at: [tophypno@aol.com](mailto:tophypno@aol.com)

**When:** January 2015 (every week day)

**Where:** In the privacy of your own home

**Times:** 9:00 a.m. - 5:00 p.m.

**How:** It's simple and easy to participate. Choose the option below that's right for you to get involved and try hypnosis during our annual celebration.

1 - Download our "Hypnosis HWU" App from Apple Store Google Play or Amazon Appstore. Go to "Audios." Select "Relaxation." Then just listen and enjoy a beautiful relaxing hypnotic script.

2 - Go to our web site on your desktop, [www.hypnosiswellness.org](http://www.hypnosiswellness.org). Find "Audio Downloads" on the left side of the Home Page and click. Select "Self-hypnosis for Relaxation and Stress Reduction." Then just listen and enjoy a beautiful relaxing hypnosis script.

**BACK ISSUES**

Contact: tophypno@aol.com

Missed some issues? No problem. You can order back issues and catch up on the news easily. Select from below:

**January 2012 - Vol. 1 #1**

Premiere Edition of T.H.E.

Feature: Hypnosis

**April 2012 - Vol. 1 #2**

Feature: Brain versus Mind

**July 2012 - Vol. 1 #3**

Feature: Parts Therapy

**October 2012 - Vol. 1 #4**

Feature: Subliminal, Traditional Hypnosis

**December 2012 - SHE**

Feature: Hypnosis versus Therapy

Order back issues and have them sent directly to your email inbox.



**PHOBOPHOBIA**

Phobophobia is the fear of phobia(s) and more specifically of the internal sensations associated with that phobia and anxiety. It binds closely to other anxiety disorders especially with generalized anxiety disorders (*free floating fears*) and panic attacks. It is a condition in which anxiety disorders are maintained in an extended way which combined with the psychological fear generated by phobophobia of encountering the feared phobia would ultimately lead to the intensifying of the effects of the feared phobia that the patient might have developed and specially with it and making them susceptible to having an extreme fear of panicking.

Phobophobia comes in between the stress the patient might be experiencing and the phobia that the patient has developed as well as the effects on his life. In other words, it is a bridge between anxiety/panic the patient might be experiencing and the type of phobia he/she fears, creating an intense and extreme predisposition to the feared phobia.

Nevertheless, phobophobia is not necessarily developed as part of other phobias but can be an important factor for maintaining them. Phobophobia differentiates itself from other kinds of phobias by the fact that there is no environmental stimulus per se but rather internal dreadful sensations similar to psychological symptoms of panic attacks. The psychological state of the mind creates an anxious response that has itself a conditioned stimuli leading to further anxiety. Phobophobia is a fear experienced before actually experiencing the fear of the feared phobias its somatic sensations that precede it which is preceded by generalized anxiety disorders and can generate panic attacks. Like all the phobias, the patient avoids the feared phobia in order to avoid the fear of it.

There are many ways to treat phobophobia. Methods used to treat panic disorders have been effective to treat phobophobia as well.

**T.H.E. Editor**

*3rd Year of Publication*



*Jonathan B. Walker,  
PhD, LPN, RMT, MHT*

- Master Hypnotherapist
- Medical & Dental Specialist
- Boards:
- International Hypnosis Federation
- American Board of Hypnosis
- International Association of Counselors & Therapists
- International Medical Dental Hypnotherapy Association