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## *Non medical Hypnosis Practices*

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Until early 2000 the IMDHA (International Medical and Dental Hypnotherapy Association) issued certification for Clinical Hypnotherapist to those who met their standards of qualification. It was in those years that the term received more attention and the directive from IMDHA was to make the wording "clinical" obsolete as it refers to a combination of hypnosis with psychotherapy, to treat or manage medical, psychological, behavioural and lifestyle problems.

Naturally SAIH (The South African Institute of Hypnotism™) had to follow this and other directives such as to frequently increase classroom study hours to remain a member in good standing.

SAIH and its training schools are not only affiliated to the IMDHA but also to the UK based APHP (Association for Professional Hypnosis and Psychotherapy) as well as the GHSC (General Hypnotherapy Standards Council).

GHSC stance within the diverse field of hypnotherapy organisations is a committed and authoritative body dedicated to the monitoring of their registrants and the protection and well-being of the public who use their services. Their founding principle is the ethical promotion of hypnotherapy as a profession in its own right, separate from, the other 'talking therapies' of counselling, psychotherapy and clinical psychology.

The purpose of the International Medical and Dental Hypnotherapy Association® (IMDHA) Standards of Practice Act is to define the scope of practice for its members. The organization realizes that a certain percentage of its members work with hypnosis as their primary vocation and others work with hypnosis as an adjunctive modality or "blend" with other professions such as: Therapeutic Touch, Reiki, Massage Therapy, Psychotherapy, Medical Professions, Dentistry and Holistic Healing, etc. In order to clarify the standards of practice for our members, IMDHA has established three categories titled Scope I, Scope II and Scope III. (<https://www.hypnosisalliance.com/imdha/standards.php>)

Scope I refers to the IMDHA member whose sole practice is hypnosis. Members are not licensed or certified in any other profession and are trained to work independently in the field of hypnosis. These individuals are facilitators of hypnosis and their primary function is to assist clients in achieving wellness.

It is recommended that the client sign a "Consent To Receive Hypnosis" form. It is recommended that the member have a "Disclosure/Consent" form that includes the following:

The practitioner does not treat, prescribe for, or diagnose any condition.

The practitioner is a facilitator of hypnosis and is not practicing any other profession that requires a license under the laws and regulations of the state or province in question.

Hypnosis is not a replacement for medical treatment, psychological services or counselling.

These professionals are trained to work independently and also in a complementary manner with physicians, counsellors and healthcare professionals. When working with other professionals, the client is to sign and date a "Records Release" form that gives the hypnotist and complementary care professional(s) permission to discuss the client's case. Anything beyond this scope of practice will be referred to another professional.

SAIH acts as a voluntary self-regulating umbrella body and endorses only client centred, non medical hypnosis training and practices which strictly adhere to guidelines of their own and in line with their affiliated bodies which includes that any form of "leading" or "advising" the client is strictly prohibited. No activity directed to the mental or physical examining of any person or to the diagnosis, treatment or prevention of any mental or physical defect, illness or deficiency are part of a non medical hypnosis practitioner's scope of practice.

Graduate members of SAIH are to ensure as far as possible that wherever an aspect of the client's condition is either known or suspected to be in the medical scope the client be advised to seek medical or other appropriate advice.

The natural state of hypnosis is therefore simply a state of awareness which assists the client to re-evaluate their inner dynamics or responses to stimuli. Since all hypnosis is self hypnosis the client centred hypnosis practitioner only creates a space in which a client can do so with focus usually after being reconnected with their own already existing resources. Hence any insights, awareness and understandings come from the client himself.

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## *BENEFITS OF NON MEDICAL HYPNOSIS*

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The benefits of non medical, client centred hypnosis by itself or as a complementary adjacent to other modalities are wide spread. The effects of profound relaxation, like meditation, which usually accompany professional hypnosis practices have long been known to help with anxiety and stress. It would seem that relaxation techniques can influence brain chemistry which can help shut down the release of stress chemicals into the bloodstream simply by counteracting some of the effects of these chemicals.

These relaxed states also can also be helpful with pain management for example for easier childbirth.

In a relaxed focused state of attention clients are better enabled to come up with their own conclusions and solutions. A client centred, non medical hypnosis practitioner is guiding the client usually through imagery or visualisations to reconnect with their inner resources which promotes this enabling effect. Such sessions are conducted within the client's reference and can assist eliciting the client's own intuition or "inner knowing" promoting trust to this inner guidance and support.

When applicable spiritual aspects can prove useful like connection to higher self, soul journeys and alignment and even past lives can be explored.