Hypnose mentor

Rest that your body recognizes

Learn to relax and find more peace of mind with hypnosis and self-hypnosis.



Do you recognize this?

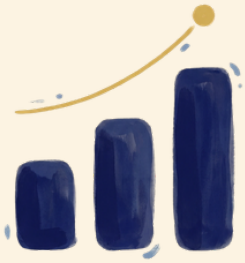
- You lie awake at night while your mind keeps racing.
- You are tired, but not calm.
- You worry about things you cannot solve.
- Your shoulders, neck, or stomach remain tense.
- You fall asleep, but wake up too early.
- You notice that you are never really "off".

Do you recognize a few of these points? Then chances are your body is in action mode for too long. You can learn to switch that mode.

Why relaxation matters

Stress is part of life. But if stress persists for too long, your body takes a beating. And that happens more often than you think.
Relaxation is not a luxury. It is something you can learn. Many complaints are related to tension. In this guide, you will read what relaxation does to your body, why hypnosis works so well for calm, and how quickly you can master self-hypnosis.

Many complaints are stress-related



60 to 80%
A stress-related component is present in the complaints people bring to the GP.

From action mode to rest mode

Your body has two modes. Under tension, it switches to action mode; when relaxed, it switches to rest mode. This relaxation response is measurable, and you can train it.

In action mode (tension)	In the resting state (relaxation)
Heart rate and blood pressure increase	Heart rate and blood pressure decrease
Muscles tense up	Relax muscles
Breathing quickens	Breathing becomes calm
Useful for acute stress, burdensome if it persists	Space for recovery and rest

Rest is a health factor

Relaxation techniques help with a wide range of tension-related complaints and are used as a supplement to conventional care. Rest is therefore not a reward afterwards, but a means in itself.

You learn peace with self-hypnosis

Self-hypnosis is a skill that you learn with guidance and then apply yourself. You bring yourself into a calm, focused state exactly when you need it. This way, you get your own calm button in your hands.

A skill you learn

With guidance, you learn to consciously shift to a calm, focused state.

Often quickly familiar

Many people are introduced to the method in the very first session. Confidence grows through practice.

Self-applicable

With a simple technique and optionally a short audio, you practice whenever it suits you.

What you use self-hypnosis for

- Relax your body faster, even in the middle of the day
- Go to bed more peacefully, because you have a way to calm your mind.
- Less tense towards situations you dread, such as a treatment or examination
- A technique you apply yourself, without being dependent on a session or an app.
- Something you learn in a short time and then continue to apply yourself. With a simple technique and optionally a short audio, you practice whenever it suits you.



Meditation and hypnosis: both valuable

Research shows that both hypnosis and meditation are effective in reducing anxiety and tension. The difference lies in the path to achieving them: meditation requires regularity and patience, and sitting still is not easy for everyone. Self-hypnosis is learned under guidance, often in just a few sessions.

"I have had a few treatments at the dentist now... the fear is gone. I felt at ease and kept myself well under control. I told the dentist about self-hypnosis. I advise everyone to use this technique."

Simone, client experience from the book Hypnosis: The Key to Your Own Power

I managed to undergo the procedure in a deep state of relaxation...
The hypnosis audio has also helped me a lot.

Jessica, client experience from the book Hypnosis: The Key to Your Own Power

What hypnosis is, and your next step

What is hypnosis?
A state of focused attention, in which you respond better to suggestions. You also don't have to believe in it to be able to learn it.

What is hypnosis not?
No sleep, no show, and no loss of control.
You remain alert, stay in control, and do nothing against your will.

How fast do I learn it?
Often already in the first session. It is important to practice it well for a few weeks. After that, you apply it yourself, as often as you like.

Is this scientifically substantiated?
Yes. The sources at the bottom of this guide are controlled studies and meta-analyses.

Information for your practitioner
This guide is intended for informational purposes. Hypnosis and self-hypnosis are used as a supplement to regular care, within the professional's authority, and never as a replacement for medical diagnosis or treatment. Consultation with the physician remains paramount. Research indicates that hypnosis can reduce anxiety and sympathetic activation and is considered a safe, complementary approach.

Important information for yourself
Self-hypnosis is a supplement to, not a substitute for, medical assessment or treatment.
Do you have symptoms or are you unsure about your health? Then contact your general practitioner or treating physician.

Over HypnoseMentor
HypnoseMentor is the training institute behind this guide and the OMNI Hypnosis Training Center in the Netherlands. We train hypnotherapists and healthcare professionals in professional hypnosis.

We make hypnosis clear, safe, and replicable: a discipline you can learn, repeat, and test. We work with structured methods from the work of Dave Elman and the OMNI model. The OMNI inductions have been researched at the University of Zurich in collaboration with OMNI. The sources are listed below.

Take the first step towards peace
Do you want to experience what calm feels like when your body recognizes it?
Work with an OMNI-trained hypnotherapist.
They teach you in a short time how to switch to calm yourself, exactly when you need it.
You can find a recognized hypnotherapist in the register at bekende-hypnotherapeuten-register.nl.

Want to know more about HypnoseMentor?

Scientific sources

- Stress as a component of general practitioner visits: Nerurkar et al. (2013) and American Psychological Association.
- The relaxation response and the parasympathetic nervous system: Harvard Health Publishing.
- Relaxation techniques for stress-related complaints: NCCIH (2024).
- Hypnosis and meditation for anxiety: Benson et al. (1978) and Landry et al. (2022).
- Hypnosis for anxiety: meta-analysis by Valentine et al. (2019)
- Research using EEG measurements shows that hypnotic suggestions can prolong deep sleep and shorten awake time (Cordi et al., 2014).
- Self-hypnosis as a skill to be learned independently: review (2023).
- Hypnosis and reduction of sympathetic activation: Frontiers in Psychology (2024).
- Definitie van hypnose: Society of Psychological Hypnosis, Division 30 van de American Psychological Association.
- fMRI study: functional brain connectivity during two hypnotic states.
- EEG study: a frontoparietal network during hypnosis.
- MRS study: neurochemical dynamics during two hypnotic states.