**Therapeutic use of Hypnosis**

Hypnosis is an experientially absorbing interactional sequence that produces an altered state of consciousness wherein self-expressions begin to happen automatically. Although Hypnosis is a naturalistic approach which enables both the induction of “out-of-control” symptoms and the induction of therapeutic trance states to be described with a common language; yet orientation to a problem is an orientation to a naturalistic “Hypnotic induction” already in effect (cf. Ritterman, 1983). Using the language to explain and describe conflicts and solutions will allow the Hypnotic induction in terms of therapeutic communications to be fashioned directly from the “conflict induction” used by the client.

However within this strong therapeutic tool an individual be able to work through and overcome the inner conflict. Hypnosis will work on the unconscious level of the individual and it is very effective tool to solve the inner conflicts. An individual can deal with her or his chronic pain, for Ego-Strengthening, self-efficacy and confidence, Anxiety, Fear of flight or heights, sleep disorders, emotional disorder, sexual dysfunction and relationship conflicts. In case of eating disorder hypnosis is strong too for improving their eating habit.

Use of hypnosis in terms of conflicts like: Concentration, Academic performance, athletic performance, Children, age regression, age progression, and time distortion well documented within extreme positive result.