

Dear Colleagues, Greetings, I am pleased to present to you strange presentation ideas, and I have chosen a strange topic, which is hypnosis. Hypnosis Hypnotherapy is used to reduce stress and anxiety before operations, or to reduce pain and control a person's behavior. Hypnosis is also used to treat mental and psychological illnesses, such as anxiety and phobias. It is done with the help of the therapist using verbal repetition, and then the person feels calm and relaxed and is more willing to accept suggestions. Reasons for using hypnosis To control pain, especially in patients with cancer or burns, or in dental operations, childbirth and other types of pain. Have any of you been subjected to hypnosis .before? To treat insomnia, smoking and overeating. I think not