



Introduction

Hypnosis is a state of consciousness characterised by focused attention (the selective attention/selective in attention hypothesis, SASI), less peripheral awareness, and an increased ability to respond to suggestion [1].

There are several hypotheses that attempt to explain hypnosis and related phenomena. According to altered state theories, hypnosis is a trance or altered state of mind distinguished by a different level of awareness than normal consciousness [2]. Non-state theories, on the other hand, see hypnosis as a type of placebo effect, a redefinition of a therapist's contact, or a form of imaginative role enactment.

A person's focus and concentration are reported to be enhanced during hypnosis, as well as their response to suggestions. Hypnosis is

Ac  edge e

None

C  ic  I e e

None

References

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