

GUEST ARTICLE

How Hypnotherapy Can Help with Depression

Submitted by Gemma from betterhelp.com

When you think of hypnotherapy, you may think of a magician swinging a watch fob on a chain in front of your face telling you that you are getting very sleepy. However, hypnotherapy is not a magic trick. In fact, it is a change in your state of consciousness used to introduce powers of suggestion. Some therapists use this treatment to [help ease depression](#) in certain people. While it does not work for all people in all situations, it is a valid and drug-free technique that can really make a difference in some.

How Does Hypnotherapy Work?

Therapists trained in hypnotherapy are able to use certain key words, images, or relaxation techniques to help you relax. When you are completely relaxed, the therapist is able to [make suggestions](#) to instigate changes in your behavior. This works well for depression because even if your conscious mind wants to change (be happy), the [unconscious part](#) of your mind does not let you. However, because depression is such a complex condition, it can be hard to treat because we do not know what the source of the depression is. Rather than trying different medications, [hypnotherapy](#) is able to clear your mind and figure out the cause of your depression. Once you know what the cause is, the therapist is able to suggest to your unconscious mind more positive thoughts and make you feel more balanced.

Lack of Self-Esteem

For example, if you are having issues with self-esteem, [hypnotherapy](#) is able to convince your subconscious to think more positive thoughts and boost your self-esteem. To relieve the depression, you have to acknowledge and get rid of the negative thoughts about yourself and sometimes the only way to do that is to convince your subconscious mind. Everyone has negative thoughts once in a while but those who are depressed are unable to let them go and their self-esteem is lacking because of it. Letting go of the toxic thoughts of yourself is the only way to build your self-esteem back up.

Self-Medication for Mental Health Conditions

Often, people who are suffering from a mental health condition such as depression or anxiety disorder will [self-medicate](#) with alcohol or illegal drugs. Most of the time, they do not know that they are doing it because of the underlying mental illness. They do not realize that they even have a condition in most cases. Other times, those with mental disorders are unable to get health care or medication that they need because they have no medical insurance or their insurance does not pay for [mental health care](#). In these cases, drinking alcohol or taking drugs is a way to calm you and make you feel better. However, the good feelings never last and you will need more alcohol or drugs as your body becomes used to the drug. Many people who go through this will often find themselves in the hospital or emergency room from an overdose and this is where they will finally find out that they have a mental health condition.

Talk Therapy with Hypnotherapy

Some conditions do require medication and there is nothing wrong with that. However, [hypnotherapy](#) is easier and has no side effects like some medications do. In addition, you

can talk to your therapist who may also consider cognitive behavioral therapy along with hypnotherapy. You may be wondering, “how do I find [therapist near me?](#)” You can go online and find a mental health care provider website such as BetterHelp.com, which has over 2,000 trained therapists to help you. No appointment needed.

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