

Name \_\_\_\_\_

Period \_\_\_\_\_

### **BBC Alternative Therapies: Hypnotherapy**

1. How many people use hypnotherapy in Great Britain?
2. What is hypnosis?
3. At the stage hypnosis show, how long did it take the students to fall into a deep trance?
4. How much money is spent on Hypnotherapy a year By the NHS? (British National Health Service) By Private users in Britain?
5. For the Police officer, how many sessions were suggested in order to successfully quit smoking?
6. How did Elliot Ward help the woman who wanted to stop eating chocolate?
7. How did Kathy respond to being hypnotized?
8. Was the Policeman successful in his attempts to quit smoking?
9. Was Nicola successful in her attempts to quit eating chocolate?

#### **In your opinion . . .**

10. Is hypnosis real?
11. Can hypnosis help you overcome bad habits/addictions?
12. Can hypnosis help you overcome unwanted pain?
13. Is hypnosis simply an amplified placebo effect?
14. Do you think hypnosis is valuable as a form of therapy? A form of entertainment?
15. Do you believe you could be hypnotized? Why?