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Hypnotherapy for the Emotionally and Behaviorally Distraught â€“ Increasing in Popularity by Jack Hauck

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The cost of regular therapy is sometimes so high that people are not able to afford it. With so much inflation these days, a 50-60 minute session with a traditional psychiatrist can cost anywhere between $150-300. Furthermore, there is a high dependence on them so you will keep coming back.

When it comes to hypnotherapy, sessions are usually 1-2 hours long and can cost between $100 and $200 per session. Furthermore, you do not need as many sessions as traditional therapists. Overall, it is a much cheaper alternative both in the short and long-run.

Traditional therapy is a very powerful technique to help overcome emotional and behavioral problems. However, it seems that hypnotherapy is also proving to be a very powerful technique.In 1996, Impact Hypnotherapy conducted a research on the benefits of hypnotherapy on people with many emotional, behavioral and physical problems. Out of all the people tested, 79% showed that they had been cured of their emotional and behavioral problems within 6 sessions.

A study was done by the American Health Magazine in 2006 that tested behavioral improvements is patients using either hypnotherapy or traditional therapy. Traditional therapy showed a recovery rate of 72% after patients were given 200 sessions. However, when the same number of sessions were given to patients with hypnotherapy, the recovery rate increased to 93%.

One of the biggest problems facing people today is that of patient relations. If a patient moves away from their regular therapist, they have to tell their entire story to another; something people donâ€™t want to do. With regular hypnotherapy, you only have to tell what is bothering you and have hypnotherapy alleviate the problem.

In fact, as of the end of December 2004, there were over 5,000 studies being done worldwide on hypnotherapy. Even more surprising is the fact that more than 50% of these studies have shown positive results. This has led people to start believing in the effects now more than ever.

Experiences

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As time goes by, more and more people are experiencing the power of hypnotherapy. With the global village we live in today, word of mouth travels fast. This has led to an increase in the popularity of hypnotherapists.

Traditional therapy is very powerful in its own right. However, with the cheaper sessions, increased effectiveness (in the long-term) and the increasing scientific studies, hypnotherapy will keep increasing in popularity.

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