**Hypnosis**

**Hypnosis**is a state in which you are under the influence of the hypnotist. The hypnotist may suggest to you that certain behaviors will automatically happen and you, under his or her influence will do exactly what is said. \*\***Note**: One cannot be hypnotized against their will.

Hypnosis could be so powerful that the hypnotist can induce **Posthypnotic amnesia**, by telling them to forget what happened during the hypnotic session. **Posthypnotic suggestions**may be told during the hypnotic session, and it may be a suggestion to be carried out after the session. Hypnosis can help torelieve pain (headaches,stress related skin disorders, asthma) but it **cannot**give you super-human abilities; it appears that what you cando in hypnosis, you can also do in normal conscious states.

Hypnosis relieves pain with a **dissociation**method *(divided consciousness theory)*that involves a split (dissociate) between levels of consciousness. Such as the splitting of a sensation of pain from emotional pain, so your skin might register the pain but you wont feel the suffering. Another method is described by the **Social influence theory**, where the subject of hypnosis is merely caught up in "playing his or her role".