

Counseling service to use hypnosis

By TRAYCE BERTLING
Reporter

Texas A&M Counseling and Assessment Service will begin counseling students using hypnosis starting today.

Students will be able to receive hypnotherapy — free of charge — to break just about any undesirable habits such as smoking or overeating. The hypnosis also can help with certain types of fears or anxieties such as testing anxieties or fear of heights.

Dr. Robert Reilley, a professor in the Department of Educational Psychology, will supervise a group of 10 doctoral students using the hypnosis. The students are working toward degrees in counseling psychology.

A common concern regarding hypnosis is that it is dangerous, Reilley said. "Research indicates that when the procedure is used by a

"Research indicates that when the procedure is used by a qualified and well-trained professional, there is little or no danger. The students I'm working with have had extensive experience doing hypnosis so it's very safe, although it doesn't work for everyone." — Dr. Robert Reilley, a professor in the Department of Educational Psychology.

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Hypnosis might not work for some people because they aren't susceptible to it or because the degree of the problem is too difficult to solve, Reilley said.

"We are offering this form of therapy to help students with genuine problems," Reilley said.

Students or members of the community interested in taking part in the therapy can call the counseling and assessment service to make an appointment. There is a small charge for non-students.

"Hypnosis seems to be most effective if you just sit back and enjoy it," Reilley said. "There is no need to try hard or to worry about it. Rather, we recommend that you put aside your usual doubts and questions, and just allow to whatever seems to be happening."

"Concentrate on what is happening, but be passive in allowing the experience to unfold and affect you. Sit back and enjoy it."

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