



THE METHOD OF PSYCHOTHERAPY IS HYPNOSIS

Utepbergenova Nursulu Beketovna

*3 years students, Undergraduate degree*

*Nukus State Pedagogical Institute named after Ajinyaz*

*(Nukus, Republic of Karakalpakstan)*

+998913061065

@beketovnas1@gmail.com

The life of almost every person is associated with various kinds of experiences that can arise for a number of reasons. The reaction to this often causes stress, nervous breakdowns, or even depression. Thus, it is necessary to conduct psychotherapy, as a result of which new values and a new level of tasks facing the participants of the psychotherapeutic process are formed.

It has long been known that suggestion plays an essential role in the structure of a person's conscious structure. As a result, hypnosis is one of the methods of psychotherapy. Hypnosis is a temporary state of consciousness characterized by a narrowing of its volume and a sharp concentration of attention on the content of suggestion. The physiological essence of hypnosis consists in its definition as a partially awake sleep. The purpose of hypnotherapy is to penetrate into the areas of human consciousness and memory that are "closed" to the therapist and often to the patient himself. During the hypnotic session, the way of thinking of a person undergoes changes, and therefore there is an illusory representation of the situation described by the psychotherapist. A patient undergoing hypnosis has a more vivid and intense reaction, manifested, for example, by uncharacteristic loud laughter or crying.

So, the main tool of hypnotherapy is suggestion. Suggestion is carried out both verbally and non-verbally. Nonverbal suggestion consists in the application of certain psychological tricks based on the repetition of the patient's actions, the choice of the intonation of the specialist's speech, his posture, the external environment of the room in which the therapy is performed, etc., that is, an absolutely safe and comfortable environment for the subject is created.

The effect on the patient can also be verbal and non-verbal. With verbal exposure, the patient goes into a state of hypnosis during a conversation, which most often includes certain commands indicating specific actions. The speech of a specialist should be calm, clear and intelligible. Nonverbal exposure techniques include sound, visual, tactile, thermal and other types of exposure. Most often, a complex effect is applied. This is due to the fact that the patient is indirectly given the choice of the most acceptable method of exposure for him.

The success of introducing a person into a hypnotic state depends not only on the competence of a specialist in this field, but also on the hypnobiability of the subject. Hypnobiability is the property of a person to immerse himself in one or another state of trance in depth. Conventionally, three stages of hypnobiability can be distinguished: the superficial

state, the medium and the deep. It follows from this that the state of hypnosis is not an unambiguous procedure obeying a certain law. Different people can experience hypnotic experiences in different ways, creating their own style of trance movement.

V. L. Raikov's experiments show that hypnosis can have a healing and mobilizing effect. However, it is necessary to understand that a person who is subjected to a hypnotic state is able to discover such hidden problems in himself, affecting the very roots of his consciousness, which can cause the manifestation of negative emotions.

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