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Testimonial for the Seminar titled “Change your Mindset and Change your Life – A Seminar on Hypnotherapy”

The department of Counselling Psychology, Loyola College of Social Sciences, University of Kerala, India, organized a seminar titled “Change your Mindset and Change your Life – A Seminar on Hypnotherapy”, that was conducted on 19th January 2015 by Mr. Padman Pillai, a well Known hypnotherapist from Edmonton, Canada.

The seminar was a 1-day program from 9am-6.30pm, and was attended by 40 participants from various fields. The participants included counsellors, teachers, students and research scholars. Mr. Pillai introduced hypnosis and the various components in the field of hypnosis and hypnotherapy via PowerPoint presentation and performed exercises in hypnotherapy to further engage the audience.

The following were the topics covered in the PowerPoint presentation:

1. What is Hypnosis
2. Conscious, Subconscious Minds and Critical Factor
3. Suggestibility Tests
4. What Hypnosis can do
5. Brain waves
6. ABS Formula
7. Levels of Hypnotic States
8. Myths about Hypnosis
9. Hypnotherapy steps
10. Self Hypnosis
11. How one can change his/her life using Self Hypnosis

After the presentation, Mr. Pillai performed many inductions and deepening of hypnosis on the stage, suggestibility tests on the audience and also group hypnosis on the whole audience. During the group hypnosis, three participants went into deep hypnosis and slipped into “hypnotic coma”. Mr. Pillai brought these participants back to normal.

After the seminar, he met participants individually, helping them heal pain, anxiety, sleep issues, etc.

The seminar was well received and a truly a life changing experience for the participants. It opened the eyes of the attendees to the world of hypnosis and hypnotherapy. In Kerala, such an opportunity to understand hypnosis and its usefulness is rare, and this seminar created a platform for better understanding of the effectiveness, possibilities and scope of hypnotherapy. Mr. Pillai’s approach was admirable, as he was able to communicate with ease and engage such a diverse audience. The Department of Counselling Psychology is grateful to have had Mr. Padman Pillai conduct this seminar and hope that there can be more such ventures in the future.

30th January 2015



Susha
Head

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