

Hypnosis – Stoking the fire of creativity within an Individual

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Hypnosis and creativity are related constructs and the relationship would

the relationship between hypnosis and creativity could have enormous repercussions for existing theoretical viewpoints in hypnosis literature. Of significance is the interactions of hypnosis and hypnotic susceptibility with the component processes of creativity.

The experience of having a creative insight involves the following two events:

1. The generalisation of a new idea or image and

2. The retrieval of this information into phenomenal awareness.

Any condition including hypnosis, that may favour the formation of such an insight must facilitate at least one of these events.

As a final word, hypnotherapists engaged in the treatment of psychological and medical disorders should engage in enhancing skills in utilising the creative genius in individuals. Training and recognising of hypnosis and hypnotherapy would ensure that maximum people reap the benefit of such learning.