

# Public Confusion Persists Over Whether Individuals Remain in Control During Hypnosis

PHOENIX, AZ, UNITED STATES, December 9, 2025 /EINPresswire.com/ -- As the practice and public interest in hypnosis grows, one question remains among the most searched and widely asked: Do individuals remain in control during hypnosis? Recent commentary and scientific literature continue to support a clear answer: yes—people under hypnosis remain aware, voluntary, and capable of accepting or rejecting suggestions.



Hypnosis does not involve surrendering your will or losing consciousness. Rather, it gives people a safe framework to focus their attention — to explore, heal, and grow”

*Dr. William Deihl, known professionally as “Doc Hypnosis*

## What Research and Medical Institutions Say

According to Cleveland Clinic, hypnosis is described as “a state of deep relaxation and focused concentration.” The Clinic states that during a typical hypnotherapy session, individuals are guided by a trained therapist — they remain conscious, aware, and in control of their thoughts.

The Clinic explicitly notes that “most people remember everything that happens during a session,” dispelling the

myth that hypnosis equals unconsciousness or sleep.

In a recent article from Binghamton University summarizing common myths about hypnosis, authors write that “individuals do not lose control over their actions during hypnosis” and “can resist and even oppose hypnotic suggestions.”

The same article rejects the notion that hypnosis induces involuntary, automatic compliance; rather, hypnotic responsiveness depends on a person’s expectations and voluntary cooperation.

A 2023 commentary in BJPsych Advances — “Reconciling myths and misconceptions about hypnosis with scientific evidence” — further emphasizes that hypnosis should not be treated as a form of mind control; rather, it remains a therapeutic procedure grounded in consent and awareness.

Together, these sources converge on a consistent picture: hypnosis is not a loss of agency, but a cooperative, conscious process.

## Why This Matters

As hypnosis becomes increasingly recognized in therapeutic, wellness, and behavioral-health contexts — for stress, anxiety, pain, habit change, and more — clarity around consent and autonomy becomes essential. By correcting common misconceptions, professionals can help individuals approach hypnosis with accurate expectations.

Informed individuals are better equipped to decide whether hypnosis is an appropriate tool for them — without fear, misunderstanding, or undue skepticism.

## Professional Perspective from Doc Hypnosis

Dr. William Deihl (“Doc Hypnosis”) of Phoenix, Arizona, emphasizes that clinical hypnosis is voluntary, transparent, and client-centered. He writes:

“Hypnosis does not involve surrendering your will or losing consciousness. Rather, it gives people a safe framework to focus their attention — to explore, heal, and grow — while remaining fully aware and fully in control.”

He encourages curious individuals to view hypnosis not as an act of submission, but as an opportunity for collaboration and self-empowerment.

## About Dr. William Deihl

Dr. William Deihl (“Doc Hypnosis”) is a Phoenix-based hypnotherapist working with clients seeking evidence-informed approaches to mental wellness, stress reduction, and behavioral change. His practice is grounded in respect, consent, and modern scientific understanding of hypnosis — aiming to dispel myths and support real, lasting transformation.

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