

# MENTAL HEALTH DISORDERS AND MANAGEMENT

People often experience mental health disorders. Such disorders in the long run may be dangerous and fatal. That is why the moment one realizes that he/she is developing some disorders, care should be taken to regain the normal mental health. We discuss and explain here some mental health disorders and the methods of managing such problems.

## Obsessive Compulsive Neurosis

It is such a disease in which a person remains obsessed with some thoughts. His conscious mind fails to behave normally. The presence of mind takes a back seat, as a result of which he goes on repeating one act continuously. Such actions get terminated only when someone interrupts by enquiring : "What are you doing ?" This disease is evenly present in males and females. With the educated and elite people this disease is found in a greater degree. Housewives also get affected by it, because in domestic works, the women do not use their intellect and they do it mechanically. That's why they remain obsessive about certain domestic activities.

After lighting the gas stove, a lady often forgets that the gas burner was ignited. She remains preoccupied with some thoughts generated by the unconscious. This can result in any sort of fire accident. There can be another instance. A lady because of some compulsions of the mind, can go on rubbing here hand continuously but unconsciously. She would stop doing it, only when interrupted.

Such cases can be managed through hypno-therapy. It is imperative, therefore, on the part of the therapist to locate and identify the origin of such mental health disorders.

### The Key Symptoms-

1. Repeated attempts.
2. Mental conflict
3. Feeling of insecurity
4. Self-devaluation
5. Distinct reflex action/gestures

### How to identify the origin ?

The case history should be known and recorded both from the patient and her family members. Any event or situation responsible for this disorder should be known through case history. At times, the origin can be known from case history. But it may not happen in more complicated cases or even in the cases of children who fail to recall from the past. In such cases, we can abide by intensive psychoanalysis. If psychoanalysis also fails to locate the origin, then hypnotizing the patient, we can know from the patient the exact cause of the disorder. During the trance, the unconscious activated so by having access to the unconscious through hypnosis, the origin can be known easily.

Through certain clinical suggestions, the patient can be treated. But the mental health disorders could be of different types and so the suggestions are likely to vary for each patient and for each disorder. Regression is useful for allowing the patient to go to past and then mind-culture can started as per clinical requirement. Suppose the therapist could know through the case history, counseling that there was some problem when the patient was thirty years old. So, in order to finally prove it, the

patient would be allowed to have regression. Some suggestions are given below to go ahead with the treatment -

"Calm your mind... Relax your body... and concentrate yourself to my suggestions. I will take you back now to your past. Now you are forty years old. But I will take you to when you were thirty years old. I will count down from forty to thirty. Every number I utter would take you down by a year. I now start the countdown. You give your full concentration to my countdown... 40 – 39 – 38 – 37 – 36 – 35 – 34 – 33 – 32 – 31 – 30. Now, you have reached back to thirty years of age.



**Fig. : Obsessive compulsive Neurosis**

You are now thirty years of age. You can now remember very well the incidents of that age. You are feeling fine now. In this year such an incident occurred, that has a deep effect on your mind. Remember that incident. You can very easily remember it. Memories of that incident are appearing in your mind. You can visualise the entire scene of the event. You will tell me about that incident. I shall count from 1 to 5. By the time I would count 5, the incident would come to your mind and you can visualise it. 1 – 2 – 3 – 4 – 5. You are seeing now the incident. Give me a report in detail of that incident."

The patient would then tell or narrate the incident. The therapist, after knowing it, will have to be careful in giving further suggestions. As per the condition or situation of the patient (e.g. a feeling of sin or guilt) further curative suggestions would be given by the therapist.

In this connection, I am reminded of a patient whom I treated. The patient was a forty year old woman. She developed obsessive compulsive neurosis. In the preliminary phase of my treatment, it was difficult to identify the origin of the problem. After informal conversation with her and her family members, I learnt that the problem she has now is almost a decade old now. So I decided to take her to regression through hypnosis in order to have a fuller view of her life during the last ten years. When I took her to trance, she narrated an incident that has been hunting her. The incident was that a decade ago she gave birth to the fourth girl child. Family members expected her to give birth to a son. When their expectation die not materialise, the members of the family began to insult her. Even her husband told her that he would like to have a second wife to have a son. She was very much shocked and

emotionally disturbed. So one day she decided to kill the four month girl child. She latched the door from inside and attempted killing the child by covering her face with a pillow and pressing it against her. In the meanwhile there was a knock on the door and she was compelled to suspend her action against the child and open the door. After this incident, whenever she looked at the face of the girl child, she developed an acute sense of guilt. Soon after that incident she began to repeat things, whether washing hands or cleaning utensils due to developed obsessive compulsive neurosis. Accordingly, after unfolding the story and secrets of her guilt-consciousness during the trance, I offered some clinical suggestions, keeping in mind her moral turpitude.

I said : "I have my sympathies with you. The sad step that you took was quite natural for any woman. Any woman would have done that. God helped you and saved you from this sinful and criminal act. You must be thankful to god, and just forget that you committed a blunder or sin. Now you should not harbour any thought in your mind because of which you suffered a lot. You must forget that incident. You don't fall back on that event. From today onwards, your mind will be in control. The repetitious activities will come to an end now. After you are back from sleep or trance to consciousness, you will never be able to know that such a sad thing happened to you. Now onwards you would feel happy and relaxed. Whenever you would see your daughter, your mind will be filled with happiness, joy and love."

I offered her these suggestions. The sense of guilt she had all these years got removed from her mental horizon. After 3 to 4 sittings, slowly she recovered and her compulsion was over. She became very much normal. I just tried to give an example from my practical experience. But suggestions can be different with different persons and different mental conditions. Once the origin of the disorder is detected, it would be good for the patient to have at least 4/5 sittings; to regain the normal mental status and behaviour.

## **Depression**

Everyone, at some point or other, experiences depression. Depression is a condition of the mood. It is characterized by a feeling of sadness, dejection, self-devaluation, a frustrating sense of guilt, an obsessive apprehension, hopelessness, despair and a feeling of ennui. One feels extremely exhausted, both mentally and physically. It may be due to tension and anxiety. It may also intensify tension and anxiety.

### **Key Symptoms :**

1. Inadequacy of perception
2. Poor concentration
3. Poor judgment
4. Absent mindedness
5. Illusion and hallucination
6. Pervading sense of guilt consciousness
7. Declining self-esteem
8. Shedding tears
9. Excessive anger and hunger for sex
10. Sleeplessness and excessive sleep
11. Recurrent thought of death
12. Multiple mental complexes

Directly or indirectly, the patients who visit doctors, suffer from depression. Because of a shock or grief, the patient begins to lose his/her mental strength, and realizes utter helplessness.

The shock or grief may be from frustration in love, loss of hope, loss of ambition, financial loss, loss of faith, death of dear ones, breakdown of relationships etc. These are two types of depression : Endogenous and Exogenous or Reactive, the one biological hormonal and the other acquired (conditionally or situationally) respectively.

Endogenous depression is caused by hormonal imbalance, menopause, reaction of medicine, hereditary factors, resulting in decreased cerebral function of the brain. This can also be detected by pathological tests like T<sub>3</sub>, T<sub>4</sub>, TSH, lithium level test. Head trauma, brain trauma, brain tumour also can lead to endogenous depression.

Exogenous or reactive depression is caused by a condition or situation. And hence it is most often acquired. The cause of this disease depends upon the detection or identification of the origin or cause of shock or grief.

Endogenous cases may be treated by maintaining a chemical balance, using hypnotherapy as an supportive treatment. Exogenous cases must be treated by hypnotherapy. I illustrate here a case of exogenous depressions-

A young boy, who was doing computer job work and DTP, fell in love with a girl. The affair continued for a long time. At the same, his professional achievement level became high. But one day, all of a sudden, he discovered that his own girl friend was in love with someone else because of which she stopped speaking to him and meeting him. The boy was shocked by the breakdown of the relationship and by the shocking and surprising behaviour of his girl friend.

He suffered from deep depression and he derailed from the professional career, which was almost destroyed. He was brought to me for treatment. I discovered that he was completely broken down. He used to cry frequently. He wanted to die as he was left with no aim worthwhile. Through case history, clinical observation, and counseling I could know in great detail everything about him. I felt that his self-esteem was broken because of the failed relationship. I also felt that this self-esteem was to be regenerated and revived for his survival. In the hypnotic trance I gave him the following suggestions :

"Quite and calm your mind. Listen to me with rapt attention. I know that you were deeply shocked for which you are so sad and anxiety ridden. I also know that the girl you loved betrayed you. Can you tell me her name ?"

The patient replied : "Her name was Rachna." "Did you love Rachna deeply ? He replied 'Yes' and began to cry. Consoling him I said "You are a very nice person. But Rachna does not seem to be good as because of the way she treated you. No good girl can behave that way. You also realise now that she was not good. Is she good or bad ? "She is a cheat, deceitful, she is not good", he replied –

"Yes, Rachna is a bad girl". I further said, "That is why you developed hatred for her. Whenever you would remember her you would be full of anger, hatred. You will have no desire to have her again. You forget her. Remove her from your mind completely. Have you forgotten her ?" He did not reply. I told him : "I shall countdown from 10 to 1, and by the time I would reach 1, you will forget Rachna. Concentrate on this suggestion". As I utter 1, you try to forget Rachna." I started countdown. 10 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1, I asked him : "Have you forgotten Rachna" He replied spontaneously : "Yes".

I further gave suggestions : "From now onwards you will be calm. You will come back to your profession. You will reorganize yourself. You will fully concentrate on your job. There will be no

negative thought in you". With three sittings, on three consecutive day, I discovered that from the forth day, he went to his work. Within 10 days he was fully absorbed in his work. On 15<sup>th</sup> day when I met him, I found him to be absolutely O.K., completely normal.

The therapist in such cases has to be sympathetic towards the patient. Therapist's objective would be always to restore the emotional balance of the patient. Such cases are very common. One may suffer many times from reactive depression.

Mind has its own strength to overcome such shocks. But when such shocks are deep, and mind fails to overcome it then clinical hypnosis is necessary. Often in such cases, one develops clinical tendency.

## **Anxiety/Tension**

The human mind is never free from thoughts. But when thoughts intensify or continue to occupy the mind, longer they retain two clinical conditions, such as hypo and hyper. These are the two conditions of anxiety which can be treated. Hypo anxiety makes one excessively inactive so that one remains careless even to most urgent demands or works.

For example, a student who remains completely unaware of the impending examination can be said to suffer from hypo anxiety. Hyper anxiety makes one excessively active. It distracts one from achieving perfection or excellence. When it is causative, or when its origin has a definite cause, hyper anxiety gets subsided with the removal of the cause. At times, even without the origin or basis of a cause, one remains ridden by hyper anxiety. Such a phase takes one to the state of irrationality. It is very much critical in nature and very difficult to understand.

### **Key Symptoms :**

1. Feeling of insecurity
2. Mental complex
3. Lack of self confidence
4. Phobias
5. Short breath
6. High palpitation
7. Excessive perspiration
8. Flushing
9. Drying up of lips and mouth
10. Numbness of muscles/body
11. Restlessness
12. Insomnia
13. Hyperactiveness etc.

### **Scope of the Treatment :**

The hypnotic treatment aims at giving mental strength and developing positive attitude and balanced mental behaviour or the patience. It also tries to change the nature with which one has been conditioned. Because of the hypnotic treatment, one would be freed from the ingrained instinct of thinking. It would drive out phobia inherent in the individual. It would also strengthen one to think positively. Hypo and hyper conditions would demand different kinds of treatment, through diverse methods. A patient with anxiety would be treated differently to create a kind of confidence, within

himself. A student with anxiety for examination can be treated so that he would be drawn towards it. Through hypnotic suggestions, he would be made to feel free and he would be asked to enjoy the examinations. He would be suggested that he would wait for the examination without any anxiety. After 5 to 8 sittings, the student appearing at the examinations would perform well and bag good results.

Hypo-anxiety is caused because of the slowing down of neuro-transmission or electrical signals and sensitivity. The primary aim of treatment would be to activate the slowing down of the signals and motivate the sensitivity through positive hypnotical suggestions. In case there would be any organic cause of such hypo-anxiety condition, then one should be given conservative or anatomical treatment.

## **Attempted Suicide and Suicide**

There are some patients who have already attempted suicide; but these are others who retain suicidal tendency. All living beings are endowed with a natural desire to live. But in exceptional or unnatural cases people develop the tendency to commit suicide. Not where suicide is accepted as a right. According to IPC 309, suicide is a crime. Only when life becomes extremely difficult, or completely bereft of meaning, one can think of committing suicide. Cases of suicide reveal that when one experiences failure in love, failure in business, incurring heavy loss or when one realises that he/she is normally degraded, condemned in public or when one is left with no other choice, he/she commits suicide. Deep depression, shock, trauma and fear are inner causes which induce in individuals the suicidal tendency. Children develop suicidal tendency because of the absence of natural paternal/maternal care or affection. Fear of punishment and insult also drive them to suicidal tendency. In the case of youth, failure in love, examination, absence of basic necessities or when the future seems completely dark, can cause such a tendency. In case of the old, disappointment, incurable diseases, hopeless future may galvanize this tendency.

### **Key Symptoms :**

1. Disappointment
2. Negative attitude
3. Shock/Trauma
4. Sense of isolation
5. Restlessness
6. Introversion
7. Lack of self confidence
8. Phobias

### **Scope of Treatment :**

Hypnotic treatment would make attempts to drive out a patient's sorrow and sense of guilt – which often become instrumental to the suicidal tendency. In different stages, different causes excite suicidal tendency. But while treating such patients, one should bear in mind that the patient should be driven towards developing a positive attitude; the patient's shock responses be removed through suggestions.



**Fig. : Suicide**

If a child who has lost his/her mother does not get proper attention of father or mother, the child is likely to develop suicidal tendency. The fault line of thinking in the child towards either father or mother should be removed. The child should be persuaded to accept that his/her way of thinking is wrong. The child should be advised to renew his attitude or way of thinking. This would definitely have a good result in the child. He/she would automatically get acclimatized to the step mother or the father.

Similarly in failed love the person has to be made to realise that he/she had a wrong choice; and that there are many other better opportunities when he/she can have a better companion.

The old people who have lost all hopes can be given suggestions that life is not already over and that the bleakness of present acts as a patch of cloud and covers the future in darkness.

## **Post-traumatic Stress**

Even after a panic stricken condition, an individual's mind does not remain free from the stress. Without any verifiable reason, the stress continues to affect the individual. Fear of the panic does not disappear. An accident, natural calamity, even operation, or someone's death may cause panic resulting in post traumatic stress.

### **Key Symptoms :**

1. Phobia
2. Nightmare
3. Insomnia
4. Anxiety
5. Depression
6. Restlessness
7. Psychogenic pain
8. Perspiration
9. Short breath

### **Scope of Treatment :**

While treating such cases, the primary aim would be to drive out the posited shock through good suggestion.

Example : A child saved from fire would be always afraid of fire and the nightmare of fire took place. The child is to be brought to hypnotic trance with the suggestion that the event of house-on-fire was an accident and it was over. He should be given suggestion that there is no fire now and that the night is quiet and cool. He would be asked to sleep. After this trance-like sleep, the child would be free from the fear of fire or night.

Hypno-therapy tries to remove the deep shock posited in the mind of the patient. Once the shock is removed, the patient behaves normally.

## **Phobias**

Excessive irrational fear causes phobia. Unusually people who suffer from phobia remain dull. There are different kinds of phobia, yet a few of them are very significant : Phonophobia, algophobia, thanatophobia, xenophobia, zoophobia, cynophobia, schoolphobia, hydrophobia, aerophobia, halophobia, insectophobia, monophobia, claustrophobia, oclophobia, gynophobia, toxophobia, anthrophobia etc. Even if an individual is aware that he won't be afraid of anything, still he develops an unusual kind of fear towards an object or situation.

### **Key Symptoms :**

1. High palpitation
2. High breath
3. Shivering
4. Perspiration
5. Loss of control and consciousness
6. Numbness
7. Disturbed physiological condition
8. Aphonia
9. Anxiety or depression
10. Restlessness
11. Loss of self confidence
12. Excessive excitement

### **Scope of Treatment :**

Hypnotherapy is very much useful for the persons having phobia. Through hypnotic suggestions, the phobia can be cured. A child, who has experienced the fall of a cat on him, would develop phobia. Because of this kind of unwarranted falls can causes phobia. Whenever he would come across at, the child will develop the phobia.

The patient would be suggested that he/she was wrong. He should be given condition to realise that the cat is not really harmful as it a domestic one. With this suggestion, the child would look at the cat, not with a sense of fear but bereft of any fear. Thus it is evident that the element of fear has to be removed through suggestions. Then only the child will be normal.



**Fig. : Phobia**

One really does not know when phobia develops. A lady who has hydrophobia was treated. She would be asked to be regression in which she could remember the origin of such phobia. In a movie she saw a steamer met with an accident in a cyclonic storm. Many people and children died. This occasion, therefore, caused the phobia in her mind.

When she was given the suggestion that it was in the movie, and she should not fear it. Moreover she was suggested that now water is very much useful for human beings. After such suggestions during the hypnosis, the patient is likely to free from hydrophobia.

Causes of the phobia should be known through counseling and conversation, may be in a causal way. Once the origin of the cause is known, through right suggestion the patient can be treated to overcome phobia. When origin of the cause is not known, suggestions be given to familiar with different situations. Suppose, one has claustrophobia, he/she should be asked to mix with people, so that she can slowly overcome phobia.

## **Insomnia**

A condition in which mind is preoccupied with certain thoughts continuously running or recycling in the mind. A particular thought continues to occupy the mind in such a manner that he does not get sleep. Sleep takes away our fatigue and restlessness. Sleep is a natural necessity for all. Mind and body require rest. Sleep recharges the physical, biological and mental energy.

### **Key Symptoms :**

1. Fatigue
2. Restlessness/Uneasiness
3. Absent-mindedness
4. High breathing
5. Unsteady behavior
6. Drowsiness
7. Recycling of a particular thought

### **Scope of Treatment :**

Two types of treatment can be given. First type of treatment tries to remove habit of insomnia and regain normalcy. Second type of treatment tries to fix a hypnotical induction to achieve deep sleep.

One who habitually suffers from insomnia, he should be advised to do some physical exercises which would be responsible for increasing his pulse rate and palpitation. Physical exercises also help in relaxing the body. At the same time hypnotic suggestion would be given that "When you retire to bed after the physical exercise, you shall have normal sleep." The sleep induction treatment on a child who has lost his mother will have good effect. The child remembers the mother and feels the absence of the mother so acutely that he does not get sleep.

The treatment through post hypnotic suggestion when bell or alarm would be ringing and after it stops, he would have sleep. Such suggestions acclimatize the patient to the ringing of bell. Then automatically the child would go to sleep. The ringing of the bell has to be graded. At first it should ring for 5 second; then for 4 second; then for 3 or 2 or one second. Then the bell be made just a single ring. The child would gradually get normal sleep even without the ringing of the bell.

Attempts be made to reach the cause or origin of the patient's condition. Simultaneously the hypnotic suggestion be given. With the help of these dual treatments normal sleep can be available to the child.

## **Bipolar Affective Disorder**

It is named so because of extremely fluctuating tendency of the mood, both higher and lower extremes. Higher extreme represents maniac behaviour of the patients. On the other hand, lower extremes lead to depressive mental condition. That is why it is also know as maniac depressive psychosis (MDP). On slightest depression, the behaviour of the patient becomes very innocent and simple and obedient. In this condition, the patient becomes sympathetic. But all of a sudden, because of no any sufficient reason, the patient's mood becomes violent, aggressive and destructive.

High activation of the brain results in this kind of a disease. Excessive neuro-transmission results in abnormal behaviour. But all of a sudden this transmission becomes very slow. In such a condition, mood begins to fluctuate. Reasons behind this condition are unknown. But physiologically it is a neuro-transmission related disbalance of an individual.

### **Key Symptoms :**

1. Altering episodes of mania or depression
2. Suicidal tendency
3. Absence of self control
4. High or slow breathing
5. Slowing down of thought process
6. Irrational behaviour
7. Very much or less reactive
8. Patiencelessness

### **Scope of Treatment :**

Patients often know about such episodes while disappeared. Mental conditioning and support through hypnotherapy may bring back self confidence. Patients with such diseases should be given suggestion to remove disbalance and to maintain consciousness during episode at beginning.

## Hysteria

Hysteria can be caused by repressed desires and complexes. The unfulfilled desires can have its impact on the unconscious and subconscious. Mostly women suffer from this disease in adolescent period. Hysterical episodes do not occur in sleep and in loneliness. During the episode, one remains fully conscious.

### Key Symptoms :

1. Excessive talkativeness tendency
2. Sudden spell of weeping or laughing
3. Incoherent talks
4. Irrational fears
5. Breathing and palpitation high
6. Aggressive in act and behaviour
7. Illogical argument
8. Increased muscle tone and power
9. Self-talking
10. Careless in every aspect, including dress
11. Exceptionally at times, intelligent
12. At times extremely conscious
13. Involved with maniacal tendencies
14. Mania/madness
15. Attention deficit disorder
16. Hyper activeness

No treatment is possible during episodic condition. Only during the normal condition, hypnotherapy be used. Past history can be known through verbal counseling and conversation so as to identify the repressed desires. Through regression one can know the cause of repressed desired, which gets reflected in hysteria. Once the cause is known, the patient's complex posited in the mind should be removed. If the cause is not known suggestions should be given so that he/she can balance himself or herself.

Example : A young unmarried girl accompanied her parents visited to *Khajuraho*. After coming back, she developed hysteric bout. Neuro-surgeons and neuro-physicians were consulted. C T scan, MRI was done. Pathological tests were done. No anatomical disorder could be identified. Yet she got the hysteric feats.

When I treated her, I found out the cause through regression. After viewing the sculptures, she developed sexual desire but it remained repressed. That is why she developed the hysteric feat. I asked her to forget those sculptures. I also told her that she should not remember her visit to *Khajuraho*. There was a lot of improvement. Instead of having ten feats, on the second day she had only one. In the next sitting, I suggested her that she has completely forgotten her visit to *Khajurao*. Ultimately, she was cured. Chronic hysteria leads to associated physical disorders or psychosomatic disorders. In such cases, both physical and psychological treatment can be rendered. Such cases which move from psycho to psychosomatic become complicated. That is why with the beginning of the psychic disease, the treatment should be started.

Schizophrenia

It is characterised by various types of mental problem. It does not permit one to maintain normal human relationships, both at the family level as well as at the societal level. It is accepted today that schizophrenia can be nine fold :

(i) Simple schizophrenia (b) Hebephrenic schizophrenia (iii) Paranoid schizophrenia (iv) Catatonic schizophrenia (v) Schizo effective (vi) Childhood schizophrenia (vii) Acute undifferentiated schizophrenia (viii) Chronic undifferentiated (ix) Residual schizophrenia.

**Causes :**

(i) Heredity (ii) Faulty and pathogenic family pattern (iii) Frustration (iv) Traumatic childhood experiences (v) Repression of libido or sexual power (vi) Disturbances in sex glands (vii) Mental conflict (viii) Inferiority complex (ix) Introverted personality (x) Brain injury (xi) Social and cultural factors (xii) Extreme defenses (xiii) Faulty education.

**Key Symptoms :**

1. Hallucinations: auditory, visual, factual, olfactory, taste
2. Anomalous behaviour: standing on one foot, squeezing of lips, gesture signs.
3. Emotional disorders: carelessness in daily chores, absence of cleanliness, lonesomeness or solitude, sudden laughter and crying; extreme form of dependence or difference
4. Dissociation of personality: absence of coordination in emotional, intellectual and motor activity; divided personality or split personality or intrapsychic ataxia.

**Scope of the Treatment :**

Identify the root causes which trigger off the schizophrenia. Hypnotherapy acts as a supportive treatment which enlarges and strengthens the mental status. A confidence in the patient is to be created that there is a possibility of cure.

**Addiction and Bad Habits**

Certain habits in extended form appear like diseases and at times they become diseases which require treatment. Twitching the eye or jerking the shoulders or swaying the hands in extreme form may be turned into diseases. At times one may feel that without drinking alcohol, without smoking or taking opium or drug, one can not function or perform any act. Such a condition makes one drug dependent. People may take intoxicants for many reasons. For some it is luxury; for some it is fashion; for some it is a sign of dignity; but for some it becomes a necessity.

Addiction e.g. : alcoholism, smoking, drugs, strong sexual desire.

Bad habits e.g. : spitting, jerking of shoulder, nail-biting, nose-rubbing, nose-touching, palm rubbing, finger twisting, yawning, sneezing, coughing, gambling etc.

**Scope of Treatment :**

Hypnotherapy is successful in saving one from addition and bad habits. Through hypnotical counseling, the bad effects of addition can be suggested to the patient's unconscious mind. The dependence on intoxicants can be removed through supportive hypnotical suggestions.

**Case Study :** A successful contractor became alcoholic. He suffered from many diseases: such as alcoholic dementia, alcoholic hepatitis, colitis. Even if doctors asked him to quit alcohol, he tried but

failed and began to drink again, as he thought he should not do anything without drinking. Through hypnotic counseling it could be known that he experienced a very heavy loss in his contract work and hence in order to forget or overcome that loss, he started drinking. His drinking habits intensified.

## **Delusional Complexes**

Delusion is a false, imaginary and baseless belief. But it affects strongly the behaviour and physiology of the person. As a result, certain types of mental complexes develop in any individual. Dr. N. Cameron has given a very illuminative definition : "Delusion is a fixed belief which persists even though social reality contradicts it."

Such complexes may be of various types, i.e. applicable to an individual or a collection of individuals such as a race, society or a nation. The classification and identification of the delusional complexes are, however, very complicated. Some commonly observed complexes are given below :

1. The delusion that everyone is looking at him/her.
2. The delusion that one is great or superior to everybody else.
3. The delusion that one is inferior to everybody else.
4. The delusion that one is constantly in contact with and supported by god.
5. The delusion that one can hear a divine message coming from heaven or some other planet (than the earth).
6. The delusion that something wrong is happening to him/her.
7. Hypochondria – the delusion in which the person believes himself/herself to be suffering from some disease/s.
8. Delusion of reference in which a person imagines others to be talking about him/her and hatching a conspiracy about him/her.
9. Delusion of persecution in which a person has fears that others will cause pain or distress to him/her.
10. The delusion of influence in which a person believes that he/she has some influences somewhere which will be misused by others through temptation.
11. The delusion under which one condemns oneself as a sinner, wrong doer, inefficient etc.

### **Scope of Treatment :**

As I know, a delusion is a baseless belief, but it can strongly affect the physiology of the person. Generally, the causes behind a delusion are not easy to find out. However, it is possible to find out the causes by putting the patient under hypnotical trance. After finding the cause/s, the hypnotherapist can remove the complexes by giving the patient certain positive hypnotical suggestion to the patient. Once I treated a patient who was suffering from the delusion that she was being watched by others, and she was feeling very uneasy everywhere among people. Under the trance of hypnosis she suggested that now she felt very confident and easy in any gathering and did not become over conscious and nervous. After treatment she felt free and easy in any gathering.