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*Corresponding Author : Hestri Norhapifah Program Studi D-III Kebidanan ITKES Wiyata Husada Samarinda, Indonesia Email : Hestrinorhapifah@stikeswhs.ac.id 2th, 2024

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The Induction And Hypnotic Testing Should Take About 50 Minutes. The Initial And Final Periods Are Flexible, Depending Upon The Time Available. With Careful Planning And Efficient Distribu— Tion Of The Response Booklets, A 70—minute Total Time Period Should Be Adequate. 3th, 2024

GC5. Mindfulness And Hypnosis HANDOUTS

•Hypnosis Is Unapologetically, Overtly Goal-oriented. •It Establishes An Expectation And Then Gently Leads The Client (with Direct And/or Indirect Suggestions) On An Experiential Path Towards Fulfilling That Expectation. •When Guided Mindful Meditations Are Explicit In Their Goals, Their Methods Are Every Bit As Suggestive As Hypnosis. 1th, 2024

The Differences Between Mindfulness, Flow, And Hypnosis

That Hypnosis Involves Both Absorption And Response To Suggestions (Div. 30's Primer On The Subject). Insofar As Response To Suggestion Is Key In Hypnosis, But Does Not Require Being In The Present (e.g., Age Regression), This Is A Key Difference Between Mindfulness And Hypnosis. The Two Can Be Directed To Overlap, But Do Not By Default. 3th, 2024

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