

Hypnosis Therapy Certification Practice Test Questions and Answers

1. What is post-hypnotic suggestion?

- A) Suggestion made before hypnosis
- B) Suggestion given during hypnosis to take effect afterward
- C) Repeated suggestions during hypnosis
- D) Suggestions for relaxation only

2. What is the role of suggestion in hypnosis?

- A) To create a sense of reality
- B) To provide direct instructions and influence change
- C) To improve concentration
- D) To achieve deep relaxation only

3. An 'anchor' in hypnotherapy is best described as:

- A) A grounding technique used to prevent unwanted trance
- B) A conditioned stimulus linked to a desired internal state or response
- C) A deepening method involving physical touch
- D) A post-session homework assignment

4. How does post-hypnotic suggestion work in therapy?

- A) The client is directly influenced to change immediately
- B) The client is not aware of the suggestion
- C) The suggestion continues to affect the client after they awaken
- D) The suggestion is only temporary

Answers: 1-B 2-B 3-B 4-C

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