

# Ali Özden Öztürk

Phone: 0090 541 447 66 73

E-mail: [auchozturk@gmail.com](mailto:auchozturk@gmail.com)

workshop 1h30

## Hypnosis in daily life: Sailing with the Life Wind

Co-Author: Gizemnur Öztürk, MD.

**Affiliations** : Society of Medical Hypnosis (THD),

### Objectives:

Hypnosis can be a life style. Hypnosis can be very useful to increase the quality of life and to live in a greater conscious awareness.

In this workshop, we will study on the use of hypnosis in daily life while discussing the three main principles (“Awareness, Differentiation and Feeling”) and the three main steps (“MAYA (Making Acceptance with Your Awareness), Induction and Auto-Hypnosis”) of Awareness Under Conscious Hypnosis (AUCH) Method.

### Content:

Life is the ocean, human body is a sailboat, and life events generate wind that fills our sails and moves us through the journey of life...

The dynamics and potentials of sailing can help to increase the quality of daily life and to achieve a greater conscious awareness regarding the understanding of life. Hypnosis can be a life style and hypnosis can be very useful to face the daily life problems and difficulties in a better way. Also, hypnosis can be very useful in appreciating the beauties and nice surprises of life in a more grateful way and in an enhanced awareness.

While discussing this approach, we will talk about the three main principles (“Awareness, Differentiation and Feeling”) and the three main steps (“MAYA (Making Acceptance with Your Awareness), Induction and Auto-Hypnosis”) of Awareness Under Conscious Hypnosis (AUCH) Method.

If proposal for a workshop, describe at least 2 practical exercises proposed:

While discussing this approach I will present a case and a live demonstration with the participation of a volunteer. I will present how hypnosis can be used to see the difficulties and beauties of life in a different and useful perspective. I will ask the volunteer what she or he might like to talk about a daily life problem or something else related to her or his daily life, with which hypnosis can be helpful and useful.

**Keywords:** AUCH (Awareness Under Conscious Hypnosis), Medical Hypnosis, Conscious Hypnosis, hypnosis in daily life, hypnotic metaphors

### CV:

#### Ali Özden Öztürk, MD. (Turkiye)

He is the founder member and the current President of Society of Medical Hypnosis (THD), Turkiye.

He has been serving ESH since 2008 in various posts such as ESH BOD member, fiscal controller, and the Chair of the CEPE. Currently he is the ESH Treasurer and BOD member.

He is Medical Doctor, ESH Certificate (ESHC) holder, certified hypnotherapist, hypnosis trainer and supervisor, certified acupuncturist, certified positive psychotherapist and family consultant, His specialty is Awareness Under Conscious Hypnosis (AUCH) Method.