

# Local Hypnotist Seeks to Dispel Myths and Improve Lives

By Jessica Wakeman

Robert Pargament of Westchester Hypnosis is not interested in the “Vegas voodoo” side of hypnosis; instead, he aims to reveal the real science behind its healing properties. His and many other trained professionals’ hypnosis is anything but swinging pendulums and mildly entertaining spectacles of people barking or clucking like a chicken. His approach represents something that people have practiced since the days of the ancient Greeks; it is a guided relaxation and a powerful modality that can cure many ailments, from smoking cessation to nervous disorders.

The actual root of the word hypnosis can lead people astray. The Greek root translates to a sleep-like state but in fact it is anything but. Hypnotized people are actually fully aware of their thoughts and actions and can be even more alert than normal. They will also be able to remember all the events of the session, although the perception of time may be distorted. Pargament also clarifies that people will not act upon a suggestion while under hypnosis if it goes against their belief system, and many people who allow themselves to be hypnotized on stage already have a preconceived notion of what will be asked of them, therefore acting upon the requests without question.

In a session with Pargament, which usually lasts about 90 minutes, he first explains the mystery behind hypnosis so that the patient is aware of what their mind will be undergoing. A combination of breathing and relaxation brings a person to a relaxed state where they can let their linear or rational mind cease the constant chatter and instead focus in on the subconscious, allowing a deeper relaxation and a clear path to the root of an addiction or disorder. This is how it differs from cognitive therapy, which can be strictly a rationalization of emotions.

Pargament explains that each person is different, therefore making each session structure different as well. A hypnotist simply acts as the guide to higher acceptance, setting up a structure that will benefit the patient the most. The first session will include a discussion of the patient’s personal goals and problems that they might want to address, then follows a guided path to a deep relaxation where the hypnotist suggests ways to make for a calmer, more relaxed existence. By planting these suggestions within a person’s subconscious, people are often freed from what appears to be the rational logic behind their unwanted actions but in fact is a barrier of learned behaviors or



Robert Pargament

preconceived notions; this helps motivate the desired change. Being that hypnosis is essentially a state of deep mental and physical relaxation in combination with a heightened awareness, almost everyone emerges from a session feeling blissfully relaxed and refreshed.

Pargament explains that some people submit to hypnosis at a much faster pace but all people are capable of being hypnotized and even that people are hypnotized much more often than they may think. For example, the hypnotizing qualities of staring at a flame or simply just daydreaming have the same connotations as a guided hypnosis session.

Pargament’s list of disorders that can be alleviated by hypnosis includes weight loss, smoking cessation, self confidence, motivation, relationship issues, nervous habits, studying and reading issues, creative blocks, sleep continuity, fear elimination, worry, guilt, sports performance improvement, anger management, physical discomfort, bereavement, public speaking, financial enrichment, concentration and test-taking anxiety. He has also done quite a bit of work with children, explaining that pediatric hypnosis has become a powerful and popular alternative to cognitive therapy.

Hypnosis is Pargament’s passion; he has studied under one of the world’s most established and respected hypnotherapists, Gerald Kein, as well as Wendi Friesen, president of the California-based Hypnomastermind Institute. Pargament says, “Hypnosis was first recognized by the American Medical Association in the 1950s, it is the most underappreciated and misunderstood mental and physical health modality, yet it offers amazing hope for extremely powerful physical and emotional transformations for adults and kids alike. It is not just for weight loss and smoking.” He further explains that hypnosis can lead to a new awakening for a more positive outlook on life and should not be simply dismissed as a voodoo technique. As the voice of hypnosis, Pargament can easily convince anyone of this given just a few minutes with his practice. **WPT**

For more information, visit [hypnosiswestchester.com](http://hypnosiswestchester.com) or call Robert Pargament at 800-675-7583 or e-mail [info@hypnosiswestchester.com](mailto:info@hypnosiswestchester.com) to schedule a free consultation or an appointment.

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<p><b>WHITE PLAINS</b> \$1,490,000</p> <p>Arts &amp; Crafts Colonial w/ many original features &amp; museum quality restoration. Prime Gedney Farms location across from Ridgeway County Club, w/ sweeping views of the fairways. Built in 1930 this home is both architecturally &amp; historically significant.</p> <p><b>WEB#2726981</b> Call Garry Klein 914-946-8000</p>	<p><b>WHITE PLAINS</b> \$799,000</p> <p>Desirable Gedney Farms home sits on magnificent property. Spacious interior flows seamlessly, highlighted by hardwood floors and LR fireplace. Eat-in-kitchen, family room and deck overlook mature landscaping and generous yard with plenty of room for backyard amenities.</p> <p><b>WEB#2728147</b> Call Rachel Geller 914-946-8000</p>	<p><b>WHITE PLAINS</b> \$789,000</p> <p>Beautifully appointed and maintained to perfection these 3 bedroom town homes have unbelievable curb appeal, top-of-the-line country style eat-in-kitchen, MBR suite, central vac, high ceilings, and high speed cable &amp; internet ready.</p> <p><b>WEB#2731556</b> Call Joseph Cerrato 914-946-8000</p>	<p><b>WHITE PLAINS</b> \$749,000</p> <p>Great investment property!! Terrific rental units in convenient location. Large 3-car garage, ample parking in driveway. Units in good condition with hardwood floors.</p> <p><b>WEB#2716158</b> Call Carmela Tassone 914-946-8000</p>	<p><b>WHITE PLAINS</b> \$699,000</p> <p>Lovingly maintained 4BR Tudor in sought after neighborhood. Features include hardwood floors, eat-in-kitchen, spacious formal dining room and living room with fireplace, level backyard and slate patio.</p> <p><b>WEB#2719014</b> Call Mary Ellen Gramolini 914-946-8000</p>	<p><b>WHITE PLAINS</b> \$649,000</p> <p>Located in one of White Plain's sought after gated luxury condo complex, this corner unit features 1309sqft of living space, eat-in kitchen, balcony with excellent views, walk-in closet, MBR suite, deeded parking, outdoor pool, exercise room, Concierge and a community room.</p> <p><b>WEB#2728870</b> Hector Punzalan 914-946-8000</p>
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