

**Expert talk on TRANCE-formation Mind Based Hypnotherapy Techniques on November
19, 2018**

About the Event:

The Psychology Department of the School of Liberal Studies (SLS), Pandit Deendayal Petroleum University (PDPU), organized a guest talk on hypnotherapy under the Guidance of Dr. Ritu Sharma. The guest talk was done for the students to have more insight about hypnotherapy as a field. Resource person for the guest talk was Ms. Rirri G. Trivedi. Ms. Trivedi is a certified Regression Therapist, Clinical Hypnotherapist and a trainer in Integrated Clinical Hypnotherapy with EKAA foundation. The audience comprised of around fifty to sixty students of BA Psychology Batch of 2016 and 2017 along with the MA Psychology students of SLS, PDPU.

About the Guest Talk:

Hypnotherapy is a mind based technique that primarily focus on subconscious part of an individual on how it helps to change one's negative thought process using trance techniques and hence improving one's well-being.

The speaker Ms. Trivedi took a very interactive and interesting session with the students which led to a lot of curiosity among the audience.

Conclusion:

The session held was a success and a very interactive one which helped many students to get an insight on hypnotherapy and how it was useful in an individual's life. The event concluded with a positive note along with the question and answer from the students.

Student Coodinators
Rimmon and Purva
MA Psychology, Batch 2018



