

Reading Comprehension

Read the following passage and answer the questions.

The Effects of Hypnotherapy

Many of us have things in our mind that we would like to change. Take a boy who doesn't like to study. Everyone yells at him for not wanting to study—his mom, his dad, his grandma, and his teacher. He can't help it. He just wants to spend time playing games and watching TV. His sister, however, loves to study, so she gets good grades. What can his parents do to change this behaviour and attitude? One day, his parents decide to take this youngster to a hypnotherapist.

There are many kinds of hypnotherapists who help people change their behaviour. For example, hypnotherapists help many adults quit smoking. They make smokers believe they want to stop and can stop. There are other hypnotherapists who help people lose weight. They teach people to believe that they can lose weight and that they want to lose weight and they do. But can they help students acquire better study habits? Like smoking and weight loss, they help people in this area as well. Therefore, some parents are starting to take kids to hypnotherapists, not just for studying, but for improving their performance in sports and other areas as well.

When people go to a hypnotherapist, they feel relaxed. They get to sit in a big, comfortable chair. They listen to soft music and relax in an office that might be filled with nice smelling candles. The hypnotherapist starts to help them relax by saying relaxing words. They say sentences such as, "Imagine you are sitting on a beautiful beach. Hear the waves. Hear the birds. You start to feel very sleepy. You are getting very tired." Little by little, the patient gets more and more relaxed, but doesn't actually fall asleep. Once the patient is very, very relaxed, the hypnotherapist says, "Now, you will pay attention to my voice. You are a very good student. You love to study. You can't wait to get home and hit the books. You love getting A's in school. You are proud of being a good student." The patient just lies in the chair and looks as if they are asleep. Still, they are not asleep, but only deeply relaxed. When the hypnotherapist is finished, they say, "Now I will count from one to ten. When I get to ten, you will wake up and you will follow the words I say to you." When the patient wakes up, he will probably feel no different at all. But little by little, they should see a change in attitude. He may need to revisit the hypnotherapist a few times. If the student was deeply relaxed, the one-time session should be enough.

People think hypnotherapy sounds too good to be true, but it actually works. Many people who have smoked their whole lives but couldn't quit can stop smoking after hypnotherapy. People who thought they were terrible at a sport can improve their performance after hypnotherapy. Hypnotherapy has been a popular psychological treatment since its introduction to the field of psychology in the 1920's by the famous psychologist, Sigmund Freud. Freud believed that people have a map of themselves, not in their brain, but in their subconscious, the hidden part of their mind that influences their behavior. He felt that making changes with their mind was not enough, as long as the psychological imprint of that problem remained in our subconscious. Freud knew the only way to get to the subconscious was through hypnosis and through our dreams. So, if Freud wanted to know what his patients were really thinking, he wouldn't ask them. Instead, he would ask them what they were dreaming. If he wanted to help his patients make a change, he wouldn't tell them to make a change—he would hypnotize them.

1. What major example is provided by the author to demonstrate the effects of hypnotherapy?
 - A. Parents wanting their daughter to lose weight.
 - B. A grandmother wanting to stop smoking.
 - C. Parents wanting to change their son's attitude towards studying.
 - D. Teachers wanting to improve the students' performance in sports.

2. The hypnotherapist ask the patient to imagine a beach with waves and birds because...
 - A. it has a relaxing effect.
 - B. they are symbols for the mind.
 - C. it is a common dream sequence.
 - D. it is the patient's favourite place.

3. What kind of mental state is the hypnotized patient in?
 - A. Sleeping
 - B. Stressed
 - C. Deeply relaxed
 - D. Unconscious

4. Place the following sequence of the hypnotherapy process in the correct order.
 - A. _____ The patient wakes up after hearing the hypnotherapist count from 1 to 10.
 - B. _____ The patient is told to improve their behaviour.
 - C. _____ The patient is asked to imagine a beach and is put in a relaxing state.
 - D. _____ The patient becomes extremely drowsy and relaxed.

5. What can be inferred by the underlined sentence in paragraph 3?
 - A. The patient should attend at least two sessions.
 - B. If one session was not enough, the patient should be put under a stronger hypnosis.
 - C. Treatment in one session can be stressful if the hypnosis was strong enough.
 - D. The second treatment is always more successful than the first.

6. The main point of paragraph 3 is to...
 - A. recommend hypnotherapy to people with problems.
 - B. describe the negative effects of hypnotherapy.
 - C. describe the history of hypnotherapy.
 - D. describe the process of hypnotherapy.

7. The “map” that Freud believed we have in our subconscious is a symbol for...
- A. brain patterns.
 - B. the visible part of our mind.
 - C. the key to our mind.
 - D. an invisible diagram.
8. Which of the following does NOT mean the word “subconscious” in paragraph 4?
- A. Hidden mind
 - B. Intuitive mind
 - C. Logical mind
 - D. Secret mind
9. The phrase “psychological imprint” in paragraph 4 means...
- A. deep memories that influence our behaviour.
 - B. a mental disease which can make us walk strangely.
 - C. a genetic problem which can influence our bad habits.
 - D. memories or footprints which can affect our fears and phobias.
10. Freud believed the only way to get to the subconscious was through...
- A. asking people what they are thinking.
 - B. hypnosis and dreams.
 - C. prescription medication.
 - D. operating on the brain.
11. Which of the following can NOT be treated with hypnotherapy?
- A. behaviour
 - B. habits
 - C. fears
 - D. diseases
12. According to Freud, dreams can tell us...
- A. the future
 - B. our true thoughts
 - C. our past memories
 - D. our childhood desires

