

Learning and Memory Enhancement

Learning should be a lifelong process for everyone. The potential rewards of continuously learning new things can not be overstated. Whether learning new skills for the job, or studying a topic of personal interest, everyone can benefit from continuing their education.

There are many factors that may impede the learning process. The two most important factors are low self-esteem and lack of motivation. Poor study habits, poor memory, lack of reward, poor nutrition, and even medication can also adversely affect an individual's ability to learn new things. Fortunately, hypnotherapy can help with all these things.

Motivation is emotional, and comes from within. Knowing the benefits of success is not enough. Feeling a strong desire to acquire those benefits is essential. If too many desires compete for the individual's time and attention, you may not be able to focus. The desires can lose their strength, and less will be accomplished. The individual should set priorities. Once that is accomplished, hypnotherapy can reinforce those priorities and strengthen your focus.

Self-esteem is built up with a series of successes and rewards. Setting interim goals as steps to achieving an ultimate goal can help. Each time a goal is achieved; the individual should recognize their success and reward themselves. Hypnotherapy can help establish this type of pattern in a person's attitude.

Good study habits include time management and elimination of distractions. Bad time management can drain a person's energy and emotions. Good time management consists of organizing the work; breaking large jobs into smaller, easily accomplished tasks. Distractions can be eliminated by selecting a location that is devoted exclusively to study. Going there only to study, and leaving when concentration becomes difficult or when done studying for the day. The location should be as free from distraction as possible, i.e., no TV or radio and no family and friends running in and out every few minutes.

People use three types of memory when learning: Sensory Memory, Motor Skill Memory, and Concept Memory. Sensory Memory deals with sights, scents, sounds, tastes and touches. Motor Skill Memory deals with movement and coordination such as riding a bicycle, typing or dancing. Concept Memory deals with words or ideas. Written material must be meaningful and organized. A good way to study is to read the broad concepts first then narrow in on the specifics. This helps with comprehension, and also helps to avoid reading irrelevant material.

Poor nutrition and medications pose a different problem. Lack of protein in a diet may sometimes cause concentration and retention problems. Antihistamines and many other medications can cause drowsiness, also making concentration difficult. Some medications even block the neural-pathways in the brain. In these cases a physician must be consulted before beginning a program of hypnotherapy.

But for most people hypnotherapy can provide insight, guidance and direction to establish personal learning goals, boost self-esteem and create motivation. Enhanced learning and improved memory result.



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