

## Gizemnur Öztürk

### Sağlıklı Beslenme ve Kilo Kontrolünde Bilinçli Hipnoz Farkındalığı (AUCH®) Metodu

Günümüzde obezite ve fazla kilo sorunları giderek artmakta ve bu sorunlarla baş etmek artan derecede önem kazanmaktadır. Modern yaşam tarzının getirdiği hızlı ve çoğunlukla dengeli olmayan beslenme tarzı, modern ulaşım yöntemleri ve iş yaşamındaki masa başı yoğunluklu mesai gibi nedenlerle fiziksel aktivelerin yetersiz kalması ve stres ve stresörlerin artması gibi çeşitli faktörler neticesinde hastaların fazla kilo ve obezite sorunlarıyla baş etmek konusunda tedavi talepleri de her geçen gün çoğalmaktadır.

Bununla birlikte AUCH® metodu sağlıklı beslenmenin sağlanmasında ve kilo sorunlarıyla baş etmede etkili bir şekilde kullanılabilir. **“Farkındalık, Ayırtetmek ve Hissetmek”** prensiplerini AUCH® metodunun her üç basamağında: **“MAYA (Making Acceptance with Your Awareness), İndüksiyon ve Otopnoz”** kullanarak kişinin neyi yediğine, nerede yediğine ve nasıl yediğine ilişkin farkındalığını arttırmak mümkündür. Bu sayede kişi yedikleri içerisindeki lezzet farklılıklarını, sıcaklık, soğukluk, tatlılık, ekşilik, acılık, tuzluluk, olgunluk, hamlık, pişkinlik, renk, koku, ses gibi var olan farklılıkların ve yediklerinin kendisinde yarattığı algıların ve duyguların farkına varır. Tüm bu özellikleri birbirinden ayırt ederek yer ve yediğini hisseder. Kızarmış bir ekmeğin, kuru bir ekmekten ya da taze bir ekmekten farkını ayırt ederek hisseder. Var olan herhangi bir yemeğin, örneğin fasulyenin, bezelyeden, mercimekten, bakladan farklılıklarını ayırt ederek hisseder. Bu şekilde, kişi yemek yediğinin ve her bir yediğinin farkına varır, ayırt ettiği özellikleriyle hisseder. Kişi diyet yapmadan, dolmadan doyar, yağ tabakasından kendisine zırh yapmadan sağlıklı ve keyifli bir şekilde hedeflenen kiloya ulaşabilir. AUCH® metodunun “Otopnoz” basamağı vasıtasıyla kişi gereken yer, zaman ve şekilde hedefi yönünde ve niyetlendiği doğrultuda tedavi kazanımlarını rahatlıkla sürdürebilir.



### Dr. Gizemnur Öztürk

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She is member of Society of Medical Hypnosis (THD), Türkiye; member of European Society of Hypnosis (ESH).

She is the assistant of Dr. Ali Özden Öztürk since 2011. She makes interdisciplinary studies to elaborate, understand and improve the mechanism of hypnosis better. She makes researches regarding the relationship between Awareness Under Conscious Hypnosis (AUCH©) Method and Acupuncture. She also elaborates the complementary and integrative use of hypnosis and Positive Psychotherapy in AUCH© Method.

### Publications

- Öztürk A.Ö., Öztürk G. (2016). The relationship of Awareness Under Conscious Hypnosis (AUCH©) method with Yamamoto New Scalp Acupuncture (YNSA) and Soliman's Hand Acupuncture. European Journal of Integrative Medicine, 8 (suppl 1), 35-36.
- Öztürk A.Ö., Öztürk G. (2017). The inherent relationship of Yamamoto New Scalp Acupuncture (YNSA) with Awareness Under Conscious Hypnosis (AUCH©) method. BMC Complementary and Alternative Medicine, 17(suppl 1):322, 46-46. DOI 10.1186/s12906-017-1782-4

- Öztürk A.Ö., Öztürk G. (2018). : Öztürk A.Ö., Öztürk G. The Inherent Relationship between Traditional Chinese Medicine (TCM) and Hypnotic Rituals of Awareness Under Conscious Hypnosis (AUCH©) Method. *Journal of Complementary Medicine & Alternative Healthcare (JCMAH)*, 5(2), 555660. DOI: 10.19080/JCMAH.2018.05.555660.

### **International Conference Proceedings**

- Öztürk A.Ö., Öztürk G. To Leave a Handful of Cigarettes with AUCH© (Awareness Under Conscious Hypnosis). In *Proceedings of the 9th THD International Medical Hypnosis Congress: Hypnosis is Awareness of Body and Soul, Istanbul, Turkiye, 11-13 December 2015*.
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- Öztürk A.Ö., Öztürk G. Use of Hypnosis and Positive Psychotherapy Integratively for a Breast Cancer Patient. In *Proceedings of the 8th World Congress of Psychotherapy- Life And Love In The 21st Century: From The Intimate Encounter To Embracing The World, Paris, France, 22-28 July 2017*.
- Öztürk A.Ö., Öztürk G. The Integrative Use of Awareness Under Conscious Hypnosis (AUCH©) Method and Positive Psychotherapy for Unlocking the Hidden Potentials of the Patient. In *Proceedings of the 14th ESH (European Society of Hypnosis) Congress- Hypnosis Unlocking Hidden Potential: The Value of Hypnosis in Communication, Health and Healing in the 21st Century, Manchester, United Kingdom, 23-26 August 2017*.
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- Öztürk A.Ö., Öztürk G. Hipnoacupuncture: The Integrative Relationship between the Hypnotic Rituals of Awareness Under Conscious Hypnosis (AUCH©) Method and Acupuncture. In *Proceedings of the 10th THD International Congress of Medical Hypnosis- What is Hypnosis: A Journey through Awareness in the Light of Mystery, Istanbul, Turkiye, 17-19 November 2017*.

- Öztürk A.Ö., Öztürk G. A Breast Cancer Surgery Done under Awareness Under Conscious Hypnosis (AUCH©) Method and elaborating the Case with a Positive Psychotherapeutic Perspective. In Proceedings of the 10<sup>th</sup> THD International Congress of Medical Hypnosis-What is Hypnosis: A Journey through Awareness in the Light of Mystery, Istanbul, Turkiye, 17-19 November 2017.
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- Öztürk A.Ö., Öztürk G. Hypnoacupuncture: The hypnotic rituals of AUCH© method and its Integrative use with acupuncture. *In Proceedings of the 21st ISH (International Society of Hypnosis) World Congress of Medical and Clinical Hypnosis*, Montreal, Canada, 22-25 August 2018.
- Öztürk A.Ö., Öztürk G. The Integrative Relationship of Awareness Under Conscious Hypnosis (AUCH©) Method and Yamamoto New Scalp Acupuncture (YNSA). *In Proceedings of the 11th European Congress For Integrative Medicine: "The Future of Comprehensive Patient Care"*, Ljubljana, Slovenia 21-23 September 2018.