



## Coffee with a hypnotist - Jeff Tan

Life & style

Written by [That's Shanghai](#)

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**A nice chat about suggestive language and subliminal messages. Feeling sleepy?**



**H**ypnotism is one aspect of Neuro Linguistic Programming, or NLP as it is now more

commonly known. Jeff Tan is a Singaporean-qualified NLP specialist based in Shanghai who offers hypnotherapy sessions and NLP workshops. He believes we can influence how the brain receives and filters codes of verbal and non-verbal information. The end goal is that through linguistic programming and psychotherapy, unwanted behavior can be permanently removed, lifelong phobias cured, powerful beliefs built, targets met, communication skills improved and razor-sharp sensory acuity developed. Jeff use tones of voice, uncanny gestures and suggestive hidden messages which make the receiver think and behave in a specific way. We timidly met up with Jeff to find out more...

### **What made you become a hypnotist?**

Well, I used to be in the Air Force but you have to retire when you are 45. That's when I discovered NLP. I went for the training and it changed my life right away. It changed my core values and my identity.

### **So how does it all work?**

It is a lot about trust and belief. It's not 'you are getting sleepy' or about swinging something in front of your face. But, for example, right now, as I am talking to you, I am putting you into a light trance. The advertising in your magazine puts people into a light trance. When watching TV it is even easier, in fact very very easy. This trance state is achieved through language use, music and images, and then at the right moment messages are slipped in. One important part of hypnotism is the conversational aspect; sales people do it all the time. You set the language; it is called conversational or covert hypnosis and similar to what Darren Brown does.

### **What things can you do with your skills?**

I could for example bring you back into the 15th century, if you were so inclined.

### **No thanks. Can you create a virtual reality experience for people?**

It's more than an experience because it's your reality in a different time. We can also go a step further than that and eliminate any phobias. We can go to a specific time and eliminate the cause of the phobia.

To book a session or sign up for the NLP course, visit [www.revtc.com](http://www.revtc.com), (86 21 6267 2781, [passion@revtc.com](mailto:passion@revtc.com)) The NLP course costs RMB1,2000 for six days and runs every quarter at different venues around Shanghai.

### **Does hypnosis have any well-being properties?**

For sure. The obvious one is smoking therapy; I could bring you to a place where smoking is not pleasurable. I will simply have a conversation with you and put in the suggestion that if you smoke, you die. Or I can use disassociation techniques to make your habits out of synch; this therapy takes longer but will break the anchor or the trigger which causes the craving. While we have been talking I've given you a command – the emphasis in my speech was on 'disassociation.'

### **Creepy. Can hypnosis have negative effects?**

Yes it can, but it depends on the person, the techniques you use and if you are susceptible or not. I cannot make you do something so insane that I will hurt you. When you are in a trance state you are conscious and fully aware.

### **How long does it take to get results through hypnotherapy?**

It depends on the person. Some people can hypnotize themselves through a download from the Internet or a hypnosis tape; this works well for sleep therapy, but for firm results it takes a few face-to-face sessions.