

Jane Sleeper

22 Pleasant Street
Barrington, RI 02806
August 9, 2011

Senior Project Coordinators
Barrington High School
220 Lincoln Avenue
Barrington, RI 02806

Dear Senior Project Coordinators:

The focus of my Senior Project is going to be hypnotherapy. I will investigate and analyze the uses of hypnotherapy and its effectiveness. I chose this subject because hypnosis has always fascinated me, and the Senior Project has given me an opportunity to learn more about it as a therapeutic tool. I do not have any real prior experience with hypnosis other than witnessing it being used for entertainment at the Barrington High School After-Prom.

While psychology has always interested me, I have never formally studied it. The concepts and ideas that are involved in psychology, especially the therapeutic aspect, can be very complicated. Studying psychology and examining different forms of therapy will be a learning stretch. I am familiar with concrete, definite ideas and concepts, and psychology appears to be more abstract. Comprehending such abstract concepts will definitely be a challenge for me.

My research paper will be about the effectiveness of hypnosis as a therapeutic option. In my paper I will argue that hypnotherapy is an effective therapeutic option for a variety of different problems, ranging from weight loss, to nail biting, to smoking. I will research and argue the effectiveness of hypnosis as a tool for healing and self-improvement.

For my fieldwork, I will be working with a hypnotherapist to better understand the effects of hypnosis. My mentor's name is John J. Spellbinder, Jr., and he is a Board Certified Hypnotherapist with the National Guild of Hypnotists in Rhode Island. He has been in practice for twenty years and assists both adults and children in a number of different areas of therapy, including unwanted habits, weight management, sleep improvement, situational stress, self control, and behavioral changes. During my fieldwork, I will be examining the effects of hypnotherapy through discussion with my mentor, observing patients undergoing hypnosis (with their written permission), and personally undergoing hypnotherapy. By undergoing hypnotherapy, I will gain a first-hand experience in this type of therapy. This direct experience will help me to better understand both the hypnotherapy process as well as the results.

The link between my fieldwork and my research paper is the fact that both deal with hypnotherapy. From my fieldwork, I will gain first-hand experience by working with a hypnotherapist and undergoing hypnosis myself. In my fieldwork, I will be gaining knowledge and experience that I can reference in my paper. By undergoing hypnotherapy myself, in essence, I will either be proving or disproving through my fieldwork that hypnotherapy is an effective treatment option. While I have not yet decided what I will be undergoing hypnotherapy for, I have considered treating my bad habit of nail biting.

My Senior Project will not only give me an opportunity to examine an area of interest to me, but will also help me to accomplish academic, social, and civic expectations. During the Senior Project process, I will definitely be solving many problems, from determining which research I will need to enhance my paper to working with my mentor to determine whether the hypnotherapy was effective for the patients that I observed and whether or not it had an effect on me personally. My project will also help me satisfy the literacy expectation because my research paper will be dealing with a psychological topic and many of my sources will be medical journals which are a different style of writing than I am usually exposed to. As a result of my project, I will be expected to read and analyze a large variety of unfamiliar texts. In addition, by undergoing hypnotherapy, I will achieve the social expectation of “making appropriate choices affecting your physical, social, and emotional well-being.” Hypnotherapy is a tool to help you make these appropriate choices. By making the choice to stop biting my nails, I will help my physical and emotional well-being since it is unhealthy and stressful to bite one’s nails. I am hoping that this sort of stress-related hypnotherapy will also help my social well-being, since stress can sometimes overwhelm me and affect those around me as well. I will also complete the civic expectation of “contributing to society as a responsible and skilled citizen,” because the Senior Project will give me many useful skills such as conducting interviews, writing numerous formal letters, and working with professionals and experts in a specific field. With these newly acquired interpersonal skills, I will be able to become an active member of society through good communication and I hope that my work with hypnotherapy will help me to better relate to and understand people that go through therapy. Senior Project will enable me to challenge myself academically, socially, and civically in a number of different ways, and I will learn skills that will help me in college and beyond.

*“I understand that I am required to successfully complete a Senior Project in order to graduate with my class on June 10 according to School Committee policy and section 5 of the Board of Regents’ High School Regulations of 2003. If I fail to meet this graduation requirement, I will have the opportunity to do so after my classmates graduate and receive my diploma at a later date. Furthermore, I understand that honesty and integrity are highly valued elements of the Barrington High School Community.**

*(*Do not end the letter with a signature alone on the last page. Instead, create a page break in between this paragraph. To create a page break, hit ctrl + enter as this sample shows.)*

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As such, I will demonstrate these qualities by not cheating on any part of my Senior Project; this means I will not plagiarize any part of the written portions, and I will not lie about or exaggerate any part of my fieldwork. I know that if I decide to cheat on any component of my research paper, fieldwork, or portfolio, I will have to complete an entirely new project and submit a new portfolio no later than June 5 in order to be eligible to graduate with my classmates and receive my diploma on June 10.”

Sincerely yours,

Jane Sleeper

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