

# **From Trauma to Transformation: Benjamín Hernández Breaks the Rules of Mental Health Therapy**



**Zapopan, Jalisco Aug 7, 2025 ([IssueWire.com](https://www.IssueWire.com)) - BENJAMÍN HERNÁNDEZ** *The disruptive figure transforming anxiety treatment through clinical hypnosis—from Mexico to the world*

In a world where mental health has been reduced to endless diagnoses and a lifetime of medication, **Benjamín Hernández**, based in Mexico, has become an uncomfortable figure for the system... and a necessary one for those who can't take it anymore.

With **over 6 years of clinical experience** treating severe cases of anxiety, panic attacks, and insomnia, his name now represents a radical and forceful alternative for those who found no way out through traditional psychology.

Unlike therapeutic approaches that take years to even touch a trauma, Benjamín applies **direct clinical hypnosis**, based on emotional regression, psycho-affective reconnection, and deep mental reprogramming. His style resembles nothing in the current market: there is no forced neutrality, no soft phrasing—only intelligent emotional confrontation, support without victimhood, and brutal clarity that doesn't retraumatize... it awakens.

For years, he has worked with **hundreds of women** carrying deep wounds from childhood, destructive relationships, or emotional dependence. Many of them came after trying everything: cognitive therapy, psychiatrists, spiritual gurus... and nothing worked. With Benjamín, many reported **clear changes from the very first or second session**. Some had no memory of their early childhood, others had never cried in therapy. And yet, the process works. Because what moves in his sessions is not just talk—**it's the subconscious**.

His method isn't about pleasing psychology boards or repeating what's taught in weekend certifications. It's about **results**. And that's exactly why he stands out among those who are not trying to "understand" their anxiety—but to **eradicate it at the root**.

In addition to his clinical work, Benjamín is the author of **three books** that have circulated under the radar of mainstream media but have become essential for readers searching for answers—**without anesthesia**:

- **"Ansiedad y Depresión: Una historia ilustrada"** is a raw and visually powerful book portraying the inner hell of someone trapped in catastrophic thoughts. It's his **autobiography**, recounting the seven years he personally lived through anxiety and depression.
- **"Somnia"** answers the most common (and most important) questions about hypnosis: how it works, who it serves, what it feels like, and why it's been so misunderstood.
- And **"Mentes Sumisas"**, his most controversial work, surgically dissects the **20 most common emotional manipulation techniques used against women**. A book so direct that, as Benjamín himself says, "not everyone is ready to read it."

The impact of his work isn't just measured in testimonials or fully booked sessions weeks in advance. It's measured in **how deeply it disturbs those who profit from keeping people chronically unwell**.

Benjamín doesn't offer hope—he gives **clear instructions**. He doesn't feed the wound—he **breaks it open**. And he doesn't work with those unwilling to change.

Today, his influence reaches far beyond private sessions. His podcast, **"Exilio Mental"**, is followed by hundreds who seek that raw, honest tone rarely found in conventional therapy. There are no

motivational quotes there—**only truths that cut deep**. And those truths are helping people who had already given up on everything... and everyone.

In a world full of noise, improvised coaches, and therapists stuck in a script, **Benjamín Hernández stands as one of the few who have actually proven** that the mind **can heal itself—if you're brave enough to look where it hurts the most**.

**Podcast:** *Exilio Mental* (available on Spotify)

**TikTok:** <https://tiktok.com/@benjaminhernandez.333>

**Instagram:** <https://instagram.com/benjaminhernandez.333/>

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