

# What is hypnosis



Within my practise I come across so many mistruths and fears about hypnosis and people often think a hypnotist can take over their brain and make you do whatever they want you to do! Nothing could be further from the truth!!

In a therapeutic hypnotherapy session the client is ultimately always in control. Hypnotherapy is not about being made to do things, in fact it is the opposite; it is about empowerment. Contrary to popular belief, hypnosis is not a state of deep sleep and you cannot be made to do anything they would not ordinarily do. It does involve the induction of a trance-like condition, but when in it, you are actually in an enhanced state of awareness, concentrating entirely on the hypnotist's voice.

## How does it work?

In this enhanced state of awareness, the conscious mind is suppressed and the subconscious mind is 'awakened'. Since the subconscious mind is a deeper-seated, more instinctive force than the conscious mind, this is the part which has to change for the client to make long lasting changes.

The important thing is that the client wants to change something and is highly motivated to do so. They have to want the treatment to work and must establish a good clinical rapport with the therapist in order for it to do so.....

The readiness and ability of clients to be hypnotised varies considerably and hypnotherapy generally requires several sessions in order to achieve meaningful results. As such, hypnotherapy is a kind of psychotherapy. Hypnotherapy aims to re-programme patterns of behaviour within the mind, enabling the client to move past irrational fears, phobias, negative thoughts or feelings and suppressed emotions. As the body is released from conscious control during the relaxed trance-like state of hypnosis, breathing becomes slower and deeper, the pulse rate drops and the metabolic rate falls. Similar changes along nervous pathways and hormonal channels can also decrease the sensation of pain, and the awareness of unpleasant symptoms within the body.

## What problems can be treated by hypnotherapy?

Hypnotherapy can be used for many psychological, emotional and physical disorders, a few of which are listed below:

### Stopping Smoking

Relationships

### Weight Loss and Weight Management

Fear of Flying / Heights

### Insomnia/Sleeplessness

Public Speaking

### Memory

Allergies

### Exam Help

Post Traumatic Stress

Disorder

### Motivation

Irritable Bowel Syndrome

### Sports Psychology

Pain Management

### Phobias

Tinnitus

### Confidence/Self Esteem

Blushing

### Anxiety & Stress Management

Stuttering

### Dentistry/Obstetrics/Surgery

Fitness and Health

### Sexual Problems

Nail Biting

### Procrastination

Bruxism

(Teeth or Jaw Grinding)

### Comfort Eating

Addictions