

**The aim of this leaflet** ... is to provide you with some general information about Hypnotherapy and answer some of the most commonly asked questions. You may find it helpful prior to your first visit, to make a note (on the back of this leaflet) of the things you would like to ask.

### **What is hypnosis?**

Hypnosis is a natural state of mind. It may surprise you to know that we all go into a hypnotic state at least 120 times a day. This happens when we are 'daydreaming' or when we become totally involved in a book, or while watching something interesting on the television where we become completely oblivious to the outside world. We also experience this hypnotic state just as we go to sleep, it is that feeling we get when our minds are drifting, and we experience it once again when we wake up.

### **How does hypnosis work?**

Hypnosis uses various very powerful language patterns that encourage the mind and body to unwind to a much deeper level than when in full conscious awareness, when this happens there is a kind of "Loosening of the mind" where it becomes incredibly easy to remove old unwanted habits fears and phobias etc. forever.

### **What happens during a hypnotic session?**

First of all the practitioner will use suggestions that will help you to unwind, they will also play some relaxing music, and as you relax your body your mind will automatically relax, and as your body and mind relaxes you will find yourself going

steadily into the hypnotic state. The depth of the hypnotic state varies from person to person. Some people go much deeper than others, but how deeply a person goes does not affect the result of the therapy.

### **What does it feel like to be hypnotised?**

Every experience of trance varies, some people say that their body feels like a lead weight and others say they feel as though they're floating away, but in general most people say that it's a lovely experience because it allows them to feel deeply relaxed in fact, it can often be the deepest relaxation that they have ever experienced.

### **How does hypnosis help people?**

The ability to reprogram emotional attitudes and reactions is a latent talent within every human being and that ability lies deep in the unconscious mind. Hypnosis is a wonderful relaxing natural and reasonable way to get in touch with that part of the mind and help it to let go of an unwanted emotion, like a fear or a phobia for example, and replace that unwanted feeling with a much more pleasant one, and of course with this can come freedom from emotional and physical problems that the conscious mind is unable to change.

### **What is hypnotherapy?**

Hypnotherapy (sometimes referred to as the "talking cure") is the treatment of emotional and psychological disorders, unwanted habits and undesirable feelings, using psychological techniques and hypnotic language patterns. The aim of the therapy is to assist in finding meaningful alternatives to present unsatisfactory ways of thinking, feeling or behaving.

### **Would I be under the control of the Hypnotherapist?**

No you would not be, even though it can appear that way when you see someone being hypnotised, it can appear as if they are being controlled by the hypnotist, this is especially evident when watching stage hypnotists at work, where you see people behaving in the most ridiculous and crazy ways and doing things that they would most probably never dream of doing when they are in full waking consciousness. It can be very entertaining and extremely funny to watch and that is the wonderful nature of stage hypnosis.

The same powerful hypnotic techniques are used in hypnotherapy to guide you into many levels of trance, but the trance will be a therapeutic one that allows you to be aware of your thoughts, feelings and be in control of what you say, in fact as hypnosis is a heightened state of awareness you will feel very much in control, whilst at the same time deeply relaxed.

### **Will I get stuck in hypnosis?**

No you cannot get "stuck in hypnosis" and "never wake up" because you are always in charge of yourself therefore you can come out of hypnosis any time you wish, and you are never asleep only in a deeply relaxed state. Remember the concept of hypnosis is to empower you and give you more control of your life, not take it away from you.

### **What should I do before treatment?**

There is no need for you to do anything prior to a treatment

