

# Hypnosis Frequently Asked Questions

## **What is hypnosis?**

Hypnosis is a natural state of mind, the body becomes relaxed and restful, consciousness is not lost and it is quite different from sleeping, you may have experienced a similar feeling when watching TV and your mind seems to drift although you are still viewing the TV screen you have lost awareness and become focused inward, that is why it is often referred to as being in a trance state, it is a way of communicating with your own sub-conscious mind in the way of suggestions.

## **What is hypnosis used for?**

Hypnosis has been used for centuries to deal with ailments of that effect both the mind and body, hypnosis can be used to overcome anxiety, exam nerves, panic attacks, OCD, PMT, migraines, nail biting, stammering, sleep problems, weight loss, habitual problems, phobias and bereavement. These are a small example of the many therapeutic benefits of using hypnosis.

## **Is hypnosis safe?**

Yes, it is both a safe and natural part of the human experience; we enter into trance many times during our waking day without realising it.

## **Who can be hypnotised?**

Anybody can be hypnotised if they choose, although people who suffer with schizophrenia or psychoses should not use this method of therapy, if you feel you fall into this category you consult your GP or medical professional.

## **What is it like to be hypnotised?**

Most people find hypnosis a very relaxing and comfortable experience. Of course each individual will have their own way of describing how they feel, but essentially you will feel safe relaxed, comfortable and in control.

### **Is hypnosis an alternative to seeing my doctor?**

Hypnosis is a complementary therapy, as a therapist I am unable to diagnose health conditions and a visit to the GP is always recommended to rule out underlying physical illness. Hypnosis is recognised by the NHS as a complimentary therapy which has proven successful in helping a variety of health issues including pain, dentistry, childbirth, IBS and weight loss.

### **Will I lose control of myself?**

No, in fact it is the opposite you will always be in control and guided in trance by the therapist, you will still have your own free will and if something does not seem right, you will simply make a choice not to do it as you would in your normal fully conscious state.

### **Can I become stuck in trance or lose consciousness?**

No that cannot happen, you will be perfectly aware of things around you such as noises and smells, and you will be sensitive to touch the depth of the trance can differ from person to person however this does not affect the results.

### **Can anybody use hypnosis?**

The training required to become a hypnotherapist varies, however a good hypnotherapist will have undergone extensive training which includes knowledge of how our brain processes information. I use a variety of techniques including NLP, mindfulness, CBT along with counselling and other eclectic skills. I have had extensive training in using my own scripts which are bespoke and I am a professional member of the hypnotherapy society and as such adhere to their guidelines and required ongoing training in this field.

Took book an appointment for your initial free consultation please contact 07757 405821