

## 1. What is hypnosis?

Opinions vary on the exact definition of this natural state of mind. My professional training is based on hypnosis not being a trance state or a sleep state, but is a natural state of mind and is an important part of everyday life. Whenever our mind wanders, daydreams or is focused on something, such as reading a book, driving a familiar route, watching a film we are in a state of hypnosis. Brain scans on people who are in hypnosis show that brain wave activity moves from a Beta state to an Alpha state, and sometimes a Theta state. This is not dissimilar to the pattern of brain activity during meditation.

## 2. If I'm hypnotised do I give up control?

Do we give up control of our mind to someone else when we are reading a book or watching a film? In situations like this you are in self-hypnosis, and have the power to emerge whenever you choose. When you realize that you are the one in control, when you decide how deeply into hypnosis you wish to go, then you become aware of what hypnosis is. A hypnotherapist is a guide and helps you on a journey, but the change can only be made by you. Often the realization that you are in control, and that you can make change **yourself is very empowering. You'll find** that the more often you go into hypnosis, aware that you are doing it, the more you realize how easy it is to let go, secure in the knowledge that you can always stop a session if you feel uncomfortable.

## 3. How does hypnosis feel?

Hypnosis is a natural state of mind; people are often surprised that they hear every word and could get up and walk out of the room at any moment. Unless you enter a deeper state, you may not seem any different, just very relaxed. Most people are surprised at just how relaxing it is, and there are no right or wrong ways to experience it.

## 4. What can hypnosis be used to treat.

Hypnosis can be used to help treat a wide range of issues, including, but not limited to:

- Anxiety and stress
- Lack of confidence
- Sleep disorders
- Low self-esteem
- Panic attacks
- Fears and phobias
- IBS, skin conditions and migraines
- Manage pain
- Improve concentration
- Improve performance at work or in sport
- Resolving relationship issues
- Blood pressure
- Weight management

## 5. What happens in a hypnosis session?

I take a detailed history and with some conditions may request permission from you to write to your doctor, to let them know you are having hypnotherapy.

Hypnosis as I practice it is forward focused, so whilst I will take a full history, there is not a great deal of dwelling on past issues, The focus is on how we do things better in the future. I then discuss the goal and what the client would like to see or feel at the end of your sessions.

Using a range of different techniques I help the client to relax, make them feel comfortable and work with them towards achieving their goal. We also use exercises and techniques to improve the efficacy of our sessions.

After a session clients may feel uplifted, lighter and very relaxed. Often change is very subtle, and clients may just notice a very positive shift in how they are feeling.

## 6. How long does treatment last?

Typically, the first session is a 20 - 30 minute meeting to discuss briefly what my client needs, what I do, and how we can work together. You need to be comfortable working with me, and I need to be confident that I can help you.

The first therapy session lasts around 90 minutes, and following sessions 60 minutes. I generally see clients 4-6 times, and one session is dedicated to learning simple self-hypnosis techniques to enable you to continue the work outside of the sessions. Occasionally treatment may extend slightly longer, however, in the unlikely event of no progress being made within the first couple of sessions, then I would refer on.

## Who will I work or not work with?

I am unable to work with anyone with diagnosed or suspected psychosis without consultation with their psychiatric consultant. I cannot work with anyone under the influence of alcohol or narcotics. My clinic requires clients to enter via a step, so if mobility is an issue please let me know in advance and I will do my best to accommodate you.