

What is hypnotherapy?

Hypnotherapy is a natural state which most people enter on a daily basis. You know how sometimes you are so totally absorbed in something that you don't even notice other things going on around you? Hypnosis! That thing where you arrive at your destination when on a journey but you're not sure how you got there? Hypnosis! It is not an altered state or a trance, nor are you asleep, but you will be in what we can describe as a hypnotic mind-set – one where you are totally engaged with the process of positive change.

For most clients this involves me helping you to become physically and mentally relaxed, and then using a variety of hypnotic skills to help you change the way you think about and do specific actions. You remain awake, conscious and in control the whole time.

What happens when you attend a hypnotherapy session?

Your first session (either in my clinic or via webcam), is a completely free, no obligation exploratory appointment, designed to help us decide if I am the right person to work with you. I will explain how I work, and you have the opportunity to briefly discuss your challenges and ask me questions. It is really important that you use this session to enable you to make an informed decision.

When you decide to book your treatment, you will be initially committing to a four session programme. The reason for this is that it increases your commitment to the process, and enables me to create a treatment plan for you. Generally, I see clients for 4-6 sessions, with the vast majority being well on the way to achieving their goals by the 4th session. My main clinic is in Amersham and has private parking and discreet access.

The first of your four sessions lasts around 1.5 hours, during which I will take detailed information about you, your health and your issue. We'll also talk about your lifestyle, what you enjoy doing and anything else which is important in your life. (Your data is completely confidential.) Then we will start to create a plan to make the changes you desire, and explore some hypnotic techniques. At the end of each session, we will agree certain tasks which you will undertake to fulfil between sessions – often practicing techniques we have used, listening to recordings or keeping observations of your behaviour.

The next three sessions of around one hour each include specific hypnotherapy treatment appropriate to your issues. You will also be taught a very simple process for self-hypnosis which you can practice, adapt and use as a tool forever. If we both feel you would benefit from more sessions or an occasional "booster" appointment, then we continue, however; I will never continue to treat a client who is unlikely to make more progress.

Your programme includes text or email access to me if you have any problems or questions relating to your treatment, plus any audio or other resources to support your progress.

About Karen

I am a happily married mother of three who has benefitted from the use of hypnosis since I was a teenager. I am fully qualified as a Clinical Hypnotherapist and have trained in Cognitive Behavioural Hypnotherapy, Hypnotic Coaching and am currently working towards becoming one of a very small group of Advanced Hypnotherapists. I am well trained, qualified, experienced and insured and able to offer quality testimonials if required.

Working with your dentist

If your dentist has identified an issue which would potentially benefit from hypnotherapy, then I am really happy to work with them. A number of dental related issues where hypnotherapy has been shown to be effective include:

Clenching

Grinding

Mouth breathing

Other variations of these such as lip biting

It is also an effective treatment for:

Dental phobia and specific fears such as needles

Pain management (acute or chronic)

Why work with Karen?

Many hypnotherapists work in a way which uses specific protocols for specific issues, which is absolutely fine, but I work with each client as an individual. My extensive training enables me to use advanced techniques drawing from many schools of therapy. You can have confidence in the fact that I have worked successfully with dental related conditions in adults and children, and most importantly, your dentist trusts me enough to refer you; his patient, to me.

Within your treatment plan you will learn basic self-hypnosis methods which you will be able to adapt and use in all areas of your life.

What next?

Contact me to arrange your free exploratory appointment:

Email: karen@chilternhypnotherapy.co.uk

Call or text: 07886 190921 (also on Whatsapp)

Online booking here: https://app.shedul.com/online_bookings/33535/link