

## **Clinical Hypnotherapy**

Hypnosis is a naturally occurring state of relaxation. It is a trance rather like daydreaming or doing a job while thinking about something else. Each of us is in a state of hypnosis several times each day. We go into a hypnotic trance before falling fully asleep and several times during the night as we drift in and out and out of deep sleep.

We are generally in a trance state while we carry out routine tasks such as ironing or (believe it or not) driving a car. This occurs because our unconscious mind just gets on with the task while our conscious mind is occupied with thinking about something like making a phone call, thinking up a shopping list or operating a machine.

When we are in this kind of trance our unconscious mind is more accessible and open to new ideas. We automatically use this kind of trance to learn and assimilate new information. Think about when you read a novel or watch a movie, are you consciously focusing on each word or just in a dreamy state following the story?

Hypnotherapy utilises this naturally occurring state by guiding you to relax and then talking to you quietly on two levels, some of what's said is directed at your conscious mind and some at your unconscious mind. In trance, your unconscious mind is naturally ready to take on helpful suggestions. The therapist gives these suggestions based on the client's needs, using a variety of methods which again depend on the client's needs. Hypnotherapy can often help with smoking cessation, stuttering, bed-wetting, confidence building and some weight issues.

Clinical Hypnotherapy applies a range of psychotherapeutic approaches to assist the client with issues which have a clinical basis rather than simple habits and behaviour. Some of the things that Clinical Hypnotherapy can help with are compulsions, chronic lack of confidence, trauma fears and phobias. Also unresolved emotional issues, unconscious beliefs and feelings which shape the way we think, feel and behave today.

In a typical session you would come to the clinic and we would meet to discuss your requirements. If I feel that hypnotherapy could be beneficial we would then discuss what this would involve. If I felt another therapy might be of more use or would work best in combination with hypnotherapy, I might arrange for you to meet one of our other therapists.

If we agree on hypnotherapy then you will be asked to relax in a chair and listen while I guide you through some visualisations, perhaps given some new ideas to consider. It is likely you will then be given some things to try at home, perhaps learning self-hypnosis. You may come back for a number of sessions

to work through a plan to get some real changes in your life. Most people come for between 2 and 8 sessions. The things that will help determine the number of sessions are the complexity of the issue, the length of time you've have the problem and what is its underlying cause.

**Your first consultation session (30 minutes) is free; this is just for you to find out if this is what you want to do. Typically a first session will take 1-½ hours and will include some hypnosis. The whole session would be £45, to include your free ½ hour initial consultation. Subsequent sessions will cost £45 each for a one-hour session.**