

Hypnotherapy

What is Hypnotherapy?

Hypnotherapy works with your mind; specifically your unconscious mind. Your unconscious mind holds important information that we can use to bring about change in the mind and body. In a more technical way it works using the natural patterns of your brain, and especially those concerned with taking suggestions on board for positive and desirable change. It is a very gentle process and has been used for 1000's of years for healing and growth.

The Mind - Body Connection.

There are two parts to your mind; the conscious mind, and the unconscious mind. The conscious part is that part that is aware 'in the moment'. For example before reading this you were not aware of the feel of your feet on the floor or your back on the chair you are sitting on. You only become aware when your attention is directed on it.

The second part of your mind is the unconscious part. This part contains all the information about your life, your experience, your motives, your instincts and your memories. The unconscious mind manages your sensations and your bodily functions too. It keeps your heart beating, your blood circulating, your kidneys filtering, your digestion working and your lymph system operating. It works without you being consciously aware of it, and it does this perfectly well without you paying much attention to it at all.

Your unconscious mind not only manages your body, it also communicates to every cell in your body, all the time. The information it communicates is carried via chemical messages to all those cells. These messages contain the pictures you have in your head, the sounds you remember, the feelings you have and the ideas and beliefs you hold. Your immune system is affected by all of these things too. The immune system is the body's protection and defence force. These messages have an impact, affecting how you respond to internal and external threats to your health and well-being.

How does Hypnotherapy Work?

There are many things we can be consciously aware of but we now know the operation of our body and the health of our body is a function of the unconscious. Hypnotherapy allows us to use this mind- body connection and work closely with your unconscious mind, clearing up confusing messages and directing the kinds of helpful messages we want to give to the body. The unconscious mind wants what is best for us and it can continue to take its active role, accepting perhaps new ways of helping and defending and helping the body. This can lead to amazing possibilities for physical and psychological healing when these messages are gently and purposefully given.

What happens in a Session?

In your own personal hypnotherapy sessions you are guided by a therapist into a relaxed state. In this state you may be deeply relaxed, however your mind is working and alert to your experience; highly focused on the task at hand. This state is commonly known as trance, and is a very natural state to be in. We do this many times a day; sometimes we are in a trance when we drive a car, listen to a beautiful piece of music, are concentrating very closely on something, and often when we are simply 'lost in thought'.

Some people are concerned about any lack of control over themselves whilst in trance. This concern is mainly due to the type of stage hypnotism that has been performed as entertainment.

You may want to ask:

"When I am in a trance can I be made to act in a certain way"

"Will I tell you something I'll regret or be embarrassed about later?"

"Can I stay stuck in a trance?"

The short answer is NO. You will not do anything that is not acceptable to you. You cannot be made to go against any of your values. And it is important to state that you have control and can stop a trance at any time. You have the choice to stay with it or leave it. Your mind will not accept anything that it does not agree with and it has a genuine positive intention for you at all times.

What can Hypnotherapy help with?

Now that you know it is very safe, you can consider all the ways in which it may be helpful for you. Hypnotherapy can:

- Help reduce stress
- Release anxiety
- Improve the quality of sleep
- Lower blood pressure
- Greatly reduce pain
- Eliminate irrational fears
- Gently ease the symptoms of many chronic problems and diseases
- Help you prepare for other treatments such as chemotherapy, surgery and radiotherapy.

Number and length of Sessions:

As part of your individual therapy programme. Hypnotherapy can be combined with EFT and NLP Therapy too.