

Junemitchell

Clinical Therapy, Professional Coaching, Training & Workshops

About 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'. The second part of your mind is the unconscious part that keeps your body functioning. This part also contains all the information about your life, your experience, your motives, your instincts and your memories.

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. This can lead to amazing possibilities for physical and mental healing when these messages are gently and purposefully given.

What happens in a Session?

Hypnotherapy sessions are personally tailored for you and your specific need). 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.

Hypnotherapy can....

Help reduce stress

Eliminate unwanted habits

Release anxiety

Improve the quality of sleep

Lower blood pressure

Greatly reduce pain

Eliminate irrational fears

Ease the symptoms of many chronic problems

Ease the effects of many diseases

Help you prepare for medical treatments

Prepare for pregnancy and child birth

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About Hypnotherapy (continued)

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.

Number and length of Sessions:

Depending on the issue to work on, as part of your individual therapy programme. The first session is for 2 hrs and subsequent sessions usually lasting an hour. Some issues can be dealt with in one session, other issue require more lengthy treatment. Hypnotherapy can be combined with NLP Therapy too.

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