

What is HypnoMenopause®?



You may be wondering how hypnotherapy can help you during menopause, and whether it's the right approach for you. Hopefully this information sheet will answer most of your questions and please don't hesitate to contact me if you require any further information.

Q: I'm not sure if I can be hypnotised? Will this work for me?

A: Hypnosis is a completely natural experience which is individual for everyone. It's similar to feeling completely absorbed or focused - a bit like the experience of daydreaming, reading a book or being absorbed in a movie. If you're used to meditating or doing yoga, you'll have experienced a similar state of mind. Some people go deeper into a state of hypnosis than others and hypnotherapy can be effective for everyone. HypnoMenopause® is a multi-faceted therapeutic approach which draws on Mindfulness, Cognitive Behavioural Therapy (CBT) and Neuro Linguistic Programming (NLP) and is designed to help in a variety of ways. If you're motivated to create positive change, HypnoMenopause® can prove highly effective, no matter what level of hypnosis you achieve.

Q: What can I expect during a HypnoMenopause® session?

A: HypnoMenopause® combines life coaching and hypnotherapy and in addition to working with you at a hypnotherapeutic level, I'll also help you set goals for the future and support you whilst you take any practical steps, from creating a better sleep routine to increasing your exercise levels, which will help you create the changes you desire. When it comes to hypnotherapy, I will talk you into a focused, absorbed state and then offer you positive suggestions, guided meditations and encourage you to imagine yourself in particular situations, all of which have the capacity to powerfully create transformation at an unconscious level.

Q: How can hypnotherapy help me with something that is a physical condition?

A: Whatever menopausal symptoms you are experiencing, hypnotherapy has the capacity to help. Research shows that hypnotherapy can help reduce hot flushes and night sweats by up to 74% and can help improve sleep, mood, and general wellbeing¹. Although we often think of our minds and bodies as being separate, in fact, they're constantly communicating with each other. An example of this would be feeling scared and experiencing a rush of adrenalin which causes our heart rates to rise and our faces to redden. How you think about, and respond to, your menopausal experience shapes that experience and hypnotherapy provides a powerful way to explore, and change, our thoughts and emotions. HypnoMenopause® encourages a deeper connection between the mind and

body which encourages a sense of healing and recovery and can help improve your physical experience. Hypnotherapy is also a wonderfully relaxing experience which can help manage stress and anxiety – two issues which many women face during menopause.

Q: My symptoms are really severe. Is HypnoMenopause® guaranteed to help?

A: Hypnotherapy is clinically proven to help women during menopause, and HypnoMenopause® incorporates a Cognitive Behavioural Therapy (CBT) approach which also has a clinically proven track record in helping women during menopause². However, the effectiveness of any type of therapy depends on the individual and whilst it is hoped you see a considerable improvement in your symptoms, guarantees are not offered.

Q: Why do you recommended five sessions when all I'm really coming about is poor sleep/ hot flushes/ menopausal weight gain?

A: HypnoMenopause® represents a holistic therapeutic approach which may be new to you. Rather than simply treating the symptoms, I will be working with you to treat you as a whole person. I'll also help you see beyond the symptoms and support you in embracing this important phase in your life.

Q: I'm on HRT. Can I still do HypnoMenopause®?

A: Absolutely! HRT can help some women see an improvement in menopausal symptoms and quality of life and, if it's working for you, HypnoMenopause® is a complementary approach which can work beautifully in conjunction with other medical or complementary approaches.

Q: I don't really have any clear symptoms. I just feel a bit rubbish and stressed. Can you help?

A: Many women experience a sense of just not being themselves during menopause, and may feel fatigued, lost or down. Hypnotherapy is a very positive, forward looking therapy which has a great track record in helping boost confidence and self-esteem. If you're not quite sure what's wrong, but you just don't feel like your old self, HypnoMenopause® can help you embrace your life ahead.

1. Elkins, G, Fisher, WI, Johnson, AK et al (2012) Clinical hypnosis in the treatment of postmenopausal hot flashes. *Menopause: The Journal of the North American Menopause Society* DOI: 10.1097/gme.0b013e31826ce3ed
2. Green SM, Donegan E, Frey BN (2019) Cognitive behavior therapy for menopausal symptoms (CBT-Meno): a randomized controlled trial. *Menopause*. 26(9):972-980. doi: 10.1097/GME.0000000000001363. PMID: 31453958.