

Just the facts about... Hypnotherapy

Fact 1 - What is Hypnotherapy?

Hypnotherapy is the use of hypnosis for therapeutic purposes. It is also called clinical hypnosis. There are many misconceptions about hypnosis resulting in part from stage demonstrations of hypnotism for amusement. This fact sheet is intended to give you a better understanding of Hypnotherapy.

A hypnotic state is sometimes called a trance or an altered state. It is a very natural experience. We all go in and out of trance states on numerous occasions. For example, when you are deep in thought you will have filtered out surrounding activities and sounds to help you concentrate, although you will still be aware of them. You could liken this to being in a room at a party with lots of conversations going on. You filter out most of the background speech while you listen and participate in one conversation.

There are many other examples of being in an altered or hypnotic state, such as when engrossed in a good book or when watching a film. You will recall having talked to someone who takes a moment to respond and commenting that they were “miles away”.

A Hypnotherapist simply assists the client to relax and become very focused at which point the sub conscious mind is better able to analyse information and suggestions given by the hypnotherapist. It is important to note that during hypnosis you will never act upon any suggestions you do not agree with. You cannot be made to do anything against your will. Hypnotherapy uses hypnosis to assist a person to make changes only of their choosing.

Frequently asked Questions

Could I get stuck in hypnosis and not come out of it? It is impossible to get stuck. You can become fully alert at any time during hypnosis if you choose to. Even if the Hypnotherapist dropped dead, you would become fully alert, just as you waken naturally after taking a short nap.

Will I be asleep? You won't be asleep but feeling very relaxed and lazy.

Will I remember what the hypnotherapist said to me? As with general conversations and life experiences you will remember some things more clearly than others.

It is possible for you to make astounding changes of your choosing in conjunction with Hypnotherapy.

Call Robin How without obligation on 07553 091222

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