

Client Information Sheet

What is Hypnosis?

Hypnosis is a natural state of focused attention and deep relaxation, where your mind is more open to positive suggestions. It's similar to losing yourself in a film or a good book—you're fully engaged and absorbed, but still aware of your surroundings. During hypnosis, you can access your subconscious mind, which allows you to make positive changes, explore emotions, and shift limiting beliefs in a safe and controlled way. It's not about being "controlled" by the therapist, but about working together to achieve your goals.

What will happen?

Hypnotherapy typically follows three key phases: induction, the hypnotic state, and return.

First, during the *induction* phase, you will follow a guided relaxation to help you achieve a calm, comfortable state of mind. If you have a 'happy place' this can be incorporated; your relaxation can take you to a sandy beach for example. Once you're relaxed, you enter the *hypnotic state*, a deeply focused yet relaxed condition where your mind is open to positive suggestions, this is where the 'treatment' takes place. While in this state, you remain fully aware and in control. You can stop the session whenever you wish. Finally, in the *return* phase, the therapist gently guides you back to full awareness, leaving you feeling refreshed and relaxed. Throughout the entire process, you are always in control of your experience.

Does it work for everyone?

Hypnotherapy doesn't work for everyone because each person's ability to enter a focused, relaxed state varies. Some individuals may find it harder to let go of distractions or may not be as receptive to the suggestions made during the session. Additionally, a person's willingness and openness to the process play a key role—if someone is sceptical or not ready to engage, they may not experience the full benefits. However, for those who are open to it, hypnotherapy can be a powerful tool for personal growth and change.

Why do you need my medical details?

We take your overall health and wellbeing very seriously.

Mental Health Conditions

Schizophrenia & Psychosis – Hypnosis can blur reality and potentially trigger or worsen symptoms.

Bipolar Disorder – Hypnosis could induce manic or depressive episodes.

Severe Depression – Hypnotherapy might be useful in some cases but could also bring up distressing emotions.

Severe Anxiety & PTSD – While hypnosis can help, it may also cause re-experiencing of trauma if not handled properly.

Neurological Conditions

Epilepsy – Hypnosis can sometimes trigger seizures in susceptible individuals.

Dementia & Cognitive Impairments – Hypnosis requires a level of concentration and memory that might be compromised.

Cardiovascular Conditions

Heart Disease & Hypertension – The deep relaxation of hypnosis may cause fluctuations in blood pressure, which could be risky for some patients.

Respiratory Conditions

Asthma – Emotional triggers during hypnosis could provoke an attack in sensitive individuals.

Chronic Pain Conditions

While hypnosis can help with pain management, an underlying medical diagnosis should be confirmed first.

Substance Use Disorders

Hypnosis may be helpful in addiction treatment but requires careful consideration of withdrawal symptoms.

Dissociative Disorders

Hypnosis could increase dissociation or confusion in individuals with conditions like Dissociative Identity Disorder (DID).

Please check with your GP if you are unsure.

Psychiatric Medications

Antidepressants (SSRIs, SNRIs, MAOIs, TCAs) – May alter mood and cognitive function, affecting suggestibility.

Antipsychotics – Used for schizophrenia, bipolar disorder, or severe depression; can cause sedation or dissociation.

Anxiolytics (e.g., Benzodiazepines, Buspirone) – May reduce anxiety but can also impair memory and focus.

Mood Stabilizers (e.g., Lithium, Valproate, Lamotrigine) – Can affect emotional regulation and concentration.

Neurological Medications

Anti-Epileptics (e.g., Carbamazepine, Phenytoin, Gabapentin) – May impact cognitive function and response to hypnosis.

Dementia Medications (e.g., Donepezil, Memantine) – Can influence memory and awareness levels.

Cardiovascular & Blood Pressure Medications

Beta-Blockers (e.g., Propranolol, Atenolol) – Can blunt emotional responses and reduce anxiety, potentially affecting hypnotic depth.

Antihypertensives (e.g., ACE Inhibitors, Calcium Channel Blockers) – Can cause dizziness or fatigue, influencing a client's comfort.

Pain Medications

Opioids (e.g., Morphine, Codeine, Oxycodone) – May cause drowsiness, impaired cognitive function, or altered pain perception.

NSAIDs & Paracetamol – Generally safe, but chronic pain conditions should be medically assessed first.

Respiratory Medications

Asthma Inhalers (e.g., Salbutamol, Steroids) – Stress or emotional triggers during hypnosis could exacerbate symptoms.

Sleep & Sedative Medications

Sleeping Pills (e.g., Zolpidem, Zopiclone, Melatonin) – Can cause drowsiness, confusion, or altered states of consciousness.

Substance Use Treatment Medications

Methadone & Buprenorphine – Used for opioid addiction; can affect mental clarity and emotional regulation.

Naltrexone & Disulfiram – Used for alcohol dependence; can cause anxiety or physical side effects.

