

# HYPNOTHERAPY

## CLINICAL HYPNOTHERAPIST

**At your first appointment you will receive an explanation of:-**

- **how hypnosis works**
- **how hypnotherapy can assist you to achieve your goals**
- **the number of sessions envisaged**
- **costs involved**
- **the part you play in the hypnotherapy process**

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**For an appointment or to discuss hypnotherapy and its benefits**

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A SAFE EFFECTIVE WAY TO:

- Use the power of your mind
- Take control of your life
- Learn to relax deeply
- Achieve your goals
- Eliminate unwanted behaviour
- Deal with problems in your life

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# WHAT IS HYPNOSIS?

Hypnosis is a deeply relaxed state of body and a healthy concentrated state of mind.

The hypnotic state happens spontaneously during the day just before and after sleep and when daydreaming.

# WHAT DOES HYPNOSIS FEEL LIKE?

Feelings of deep relaxation, comfort and well-being, mild drowsiness.

Hypnosis is a state of body asleep – mind awake.

You are always in control and very aware of what is happening around you.

# WHAT CAN HYPNOSIS HELP ME WITH?

- Depression
- Anxiety
- Phobias and fears
- Confidence and self esteem
- Addictions
- Pain control – (surgery, childbirth, illness, dentistry)
- Insomnia
- Health problems
- Bed wetting
- Nail biting
- Weight control
- Eating disorders
- Sexual problems
- Relationship problems
- Study and recall
- Motivation
- Improving sports performance
- Any stress related performance

# WHY USE HYPNOSIS?

Our behaviours are dictated by the programming of our subconscious mind. Often people are not able to change their behaviours despite their making a conscious decision to do so, due to this programming.

Whilst in the hypnotic state the subconscious mind is more easily accessed, positive suggestions can be made directly to the subconscious mind.

Hypnotherapy simply helps you to change your subconscious programming to match your conscious wishes.