

HYPNOTHERAPY INFORMATION BROCHURE

Hypnotherapy, NLP (Neuro
Linguistic Programming)
Counselling & Health Products



EZHEALTH

What is Hypnosis?

Hypnosis is best described as a very deep state of relaxation. Hypnosis is a normal, natural, healthy state of mind. It is a naturally occurring body defence mechanism. Hypnosis appears spontaneously as a protective mechanism in humans when they are frightened, disoriented, or in situations of severe mental or physical stress.

What is the History of Hypnosis?

Hypnosis is not a new modality of treatment. Under a variety of names, hypnosis has been known and utilised for millennia as a means of influencing human behaviour. Therapeutic suggestion and concentration has been practised throughout the history of human endeavour, as we have sought to recognise and treat discomfort, disorder and disease. The Celts and Druids practiced hypnosis. The Egyptians founded "sleep temples" some 4,000 years ago dedicated to therapeutic trance states in which curative suggestions were given. The Bible has many sections, which allude to hypnotic phenomena.

What is a Clinical Hypnotherapist?

A Clinical Hypnotherapist is really a specialist in hypnosis, using the healing state of hypnosis to work with problems or conditions that the client wishes to change.

What Happens in Hypnosis?

A Clinical Hypnotherapist uses hypnosis to enable the client to achieve a state of mental, physical and emotional relaxation.

When in hypnosis, the conscious mind (that busy, critical, analytical part of the mind) takes a rest. Hypnosis allows people to tap into the storehouse of information that lies in the subconscious (sometimes referred to as the unconscious) mind and make positive changes to thought patterns, habits or the effects of traumatic incidents that are having a negative impact either mentally or physically

What does Hypnosis feel like?

Hypnosis can be likened to the feelings we experience just before waking completely from sleep or just as we drift off to sleep. Some people say it feels like daydreaming. When in hypnosis, people experience a state of complete mental, physical and emotional relaxation. In itself, this is a very healing state. Dr Milton Erickson, a leading American Hypnotherapist, described the process of clinical hypnosis as "a free period in which individuality can flourish".

Can Anyone be Hypnotised?

Virtually anyone can be hypnotised - some more easily than others. Like anything else in life, the more people practice self-hypnosis, the more easily they can slip into that wonderful relaxed state. The depth that people reach in hypnosis varies between individuals. It is not necessary to achieve a very deep level of hypnosis to bring about change to habits or conditions that are having a negative impact either mentally, physically or emotionally.

Everyone can be hypnotised, all you need to do is follow your hypnotherapist's instructions and have a reasonable attention span.

Is Hypnosis the same as Meditation?

Scans of people in hypnosis show that the brain activation seen in hypnosis is quite different from that seen in normal waking or sleeping or in meditation.

Would I be asked to do something against my will?

No! This would be the most common misunderstanding associated with hypnosis. This is probably tied in with another misconception that the hypnotherapist has control over the client. This is not the case. People will not do or say anything under hypnosis that they would not do normally. All hypnosis is self-hypnosis - you cannot be hypnotised against your will. This fear probably comes from the TV shows and performances by stage hypnotists.

When I'm Hypnotised, am I unconscious?

No. When in hypnosis, the conscious mind takes a rest. Hypnosis allows client and hypnotherapist to tap into the storehouse of information that lies in the subconscious (or unconscious mind) and makes positive changes to thought patterns, habits or the effects of traumatic incidents that are having a negative impact either mentally or physically.

Are any abilities enhanced during Hypnosis?

Yes:

- Your ability to **IMAGINE**
- Your ability to **REMEMBER**
- Your **CREATIVE** abilities
- Your responsiveness to **POSITIVE** suggestions

Hypnotherapy helps with:

Smoking Cessation	Pain
Bed Wetting	Over Eating
Nail Biting	Headaches
Exam Nerves	Insomnia
Anxieties	Panic Attacks
Phobias	Bulimia
Depression	Mood Swings
Alcoholism	Relationships
Hostility	Anger
Resentments	Worry
Guilt	Grief
Asthma	Blood Pressure
Sex Dysfunction	Warts
Compulsions	

Hypnotherapy can improve:

Exam performance	Memory
Study Recall	Sports Focus
Public Speaking	Personal Growth
Pain Control	Confidence
Performance	Assertiveness
Childbirth	Relaxation
Communication	Counselling
Goal Setting	Personal Power
Releasing the Past	

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In what areas can Hypnotherapy be used?

Hypnosis can be utilised in the treatment of most disorders, whether mental or otherwise, where the relaxation response promotes the person's attitude. For example, with a physical injury, the person's mental resources can be enlisted to aid in managing the subsequent discomfort, allow for some rest and lessen the associated emotional trauma. It must be noted that Hypnotherapy is not a replacement for medical treatment from your doctor.

How many sessions will it take?

This is hard question to answer accurately as every person and every condition is different, however as a general rule of thumb a condition or behaviour change may take 2 to 5 sessions.

If someone comes with a multitude of changes they wish to make, often this will take longer as you work on one issue at a time; sometimes it can be likened to peeling an onion until we get down to the underlining core issue whilst resolving each obstruction along the way.

Is a Doctor's Referral Necessary?

A referral is usually not necessary. A medical check is advisable before therapy in cases where the problem may have a predominantly physical cause. Often the Hypnotherapist will work in conjunction with your Doctor.

Will my personality be changed?

No. What hypnotherapy does is to help bring out the best in you. This means that you will change by leaving behind any habits or baggage you no longer need or want and thereby become a stronger and happier person. Hypnosis will not put something into you that was not there in the first place. It just helps you to uncover your strong and good qualities, which you may not even have known you have.

How safe is hypnosis?

Hypnosis is a normal, naturally occurring, healthy state of mind. It is totally DRUG FREE. There has never been a single documented case of harm resulting from the use of hypnosis.

Leslie Le Crone, psychologist and authority on hypnosis, states: "As to self-induction, many thousands have learned it and I have yet to hear a report of any bad results of its use".

In his book Clinical and Experimental Hypnosis, Dr William S Kroger states: quote; "Platonof, an associate of Pavlov, who used hypnosis for over fifty years in over fifty-thousand cases, reports as follows: 'We have never observed any harmful influences on the patient which could be ascribed to the method of hypno-suggestion therapy, or any tendency toward the development of unstable personality, weakening of the will, or pathological urge for hypnosis'".

Can I learn self-hypnosis?

A Clinical Hypnotherapist can teach you to use self-hypnosis thereby giving you a life long skill to change behaviours, intrusive thoughts and emotions that no longer serve you.

