

Client Factsheet

Hypnotherapy is an effective technique for changing behaviour. The more you understand it the more effective it is likely to be for you.

- ◆ Hypnosis is a way of harnessing various natural psychological and physical states. It is a collaborative process during which you allow yourself to follow the guidance of the therapist by using your imagination to create positive emotions and rehearse changes to your behaviour.
- ◆ Everyone can be hypnotised. It helps if you relax, think positively and imagine what is being suggested.
- ◆ Emotional and psychological problems are often the result of negative thinking. Hypnotherapy works by addressing and changing that thinking by focusing on positive ideas which lead to improvement.
- ◆ Hypnotherapy is a form of brief therapy. It usually requires more than one session but is one of the briefest forms of psychological therapy. In clinical studies, the average number of sessions is around 4 to 6.
- ◆ When we talk of hypnotic trance we mean an increased ability to respond to positive suggestions, usually by being relaxed and attentive to the ideas suggested.
- ◆ Hypnosis is not a state of sleep or unconsciousness. Most people report being aware of everything that happens. Relaxation helps, but is not essential to hypnosis.
- ◆ Hypnosis is **definitely not** a state of mind control. You cannot be made to do anything against your will. Normally, you must **want** to accept suggested ideas and **actively** imagine responding to experience their effects.
- ◆ Hypnosis is completely safe when used by a responsible and trained therapist. Nobody has ever been stuck in hypnosis.
- ◆ Stage hypnosis is a form of entertainment and has very little to do with clinical hypnotherapy. It has been shown to foster misconceptions which can prevent people from benefitting from treatment.
- ◆ Hypnotic suggestion is a means of experiencing certain therapeutic ideas at a level profound enough to directly influence emotions and behaviour.
- ◆ Hypnosis helps with a huge range of different issues. Research tends to provide more support for its use in anxiety management, pain management, overcoming sleep disorders, weight loss and treating psychosomatic or stress related illnesses. Hypnosis is also used to reverse habits such as nail biting or smoking and for personal development in sport, public speaking and creativity.

- ◆ Thousands of research studies on hypnosis have been published. Hypnosis has been recognised as an effective treatment by the British Medical Association and the American Medical Association since the 1950s and more recently by the American Psychological Association in 1997 for obesity and in NICE guidelines for IBS used by the NHS.
- ◆ Hypnosis is an accessible and common sense therapy. By relaxing, thinking positively and picturing your goals, hypnotherapy can help you to progressively improve your feelings and actions.

If you have any questions please do discuss them with me. I am always happy to answer any queries you may have.

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