

Hypnotherapy

What is Hypnosis?

Hypnosis is a **natural** relaxed state of mind. It is the same state of mind that we all have just as we are about to fall asleep or when we have only just woken up.

We are in hypnosis when we forget whole sections of a car journey (*highway hypnosis*) yet we are still able to react quite safely to events when driving. Hypnosis also occurs when we are caught up in a good film or book or simply daydreaming. At this level of mind relaxation, a person is more open to suggestions for change; suggestions that the client themselves have helped to create.

The client is always in control. *You cannot hypnotise a person and make them do anything in hypnosis they do not want to do.* And that includes those people who are up on stage at a hypnotist's show!

You cannot get stuck in hypnosis. In fact if at any time a client feels uncomfortable and wishes to stop the session, he or she can do so at any time.

How Does Hypnosis Work? The Conscious and Subconscious Mind

There are broadly speaking two parts to the mind – the conscious mind and the subconscious or unconscious mind. The conscious mind is the part we actively think with, the part of the mind that says:

"I really want to stop smoking", "I could do with losing some weight", or "If only I could stop being so afraid of X or stop this habit, I could spend more time enjoying my life".

Then there's the subconscious mind, the part of the mind which remembers everything that we have EVER experienced, in our ENTIRE lives.

The thoughts, actions and feelings arising from the subconscious mind served a good purpose when they began. Smoking may have helped someone to fit

in socially with others; weight gain may have helped someone avoid getting too close to others so they won't get hurt again; and a phobia started as a means to protect someone from something he or she believed to be dangerous, however long ago.

A hypnotherapist guides the client into the hypnotic state by talking to them in a way that relaxes their **conscious** or actively thinking mind so that direct communication and negotiation with their **subconscious** mind can take place. Before change can occur, however, the client has to be motivated enough to do so.

The Hypnotherapy Session

Smoking Cessation is offered as **One Session** and includes 6 months free backup. The session lasts approximately one and a half hours. Other hypnotherapy sessions last approximately one hour.

Prior to Surgery

If you are worried about impending surgery, such as vasectomy, vasectomy reversal or surgery for cancer, hypnotherapy can be very useful. It has been found to be effective in reducing stress, enabling the patient to feel more in control and perhaps more importantly, helping a patient's healing and recovery.

Impotence

Hypnotherapy can be extremely helpful in cases where men have considerable difficulties in maintaining an erection. Often, the cause has deep rooted anxieties which can be uncovered through hypnosis.

Managing Lifestyle Habits

Sometimes, it may be hard to give up the things you most enjoy, or think you enjoy, such as alcohol or cigarettes, which are known to affect fertility. In these cases we may recommend a course of hypnotherapy for you.