

What is hypnotherapy?



Hypnotherapy is like having a lovely relaxing mind bath! Whilst your conscious mind is distracted (eg - with a walk through the forest, or along a beach...) the therapist can talk to the deeper levels of your subconscious mind where one is open to suggestion (that will have already been discussed previously in your therapy session). Much like day dreaming, you can see things in your imagination like a more positive, less anxious self, or even a smoke-free self or better golfer. Whatever you imagine, you can accomplish!

Will I lose control?

Not at all! You are in complete control at all times. Much like when someone disturbs you whilst you're absorbed in a book or a film, if you want to turn your attention to somewhere else, or wake yourself up at any time, you can. You have complete control at all times, and would never say or do anything under hypnosis that you wouldn't do whilst fully awake.

Is it the same as stage hypnosis?

No. Stage hypnosis is an entertainment. Fun, maybe, but not therapy!

There won't be any clucking chickens, or tutu clad ballerinas in sight! It will just feel like a lovely, relaxing day-dream, and you will wake up feeling refreshed & relaxed.

So what happens next?

If you'd like to find out more about hypnotherapy, and how it could help you, get in touch for your free 30 minute consultation.

I can explain all about how it works, how it could help you, and answer any questions you may still have.