

## **More about hypnotherapy**

- Feel confident and calm when you take a test
- Lose weight and feel better about yourself
- Get over phobias
- Break unwanted habits, such as smoking
- ... and much, much more

### **What is hypnotherapy?**

Hypnotherapy has long been recognised as a very powerful method for personal development. In fact, it is known to have been in use for the last 6,000 years.

Today, all around the world, people use the power of hypnosis to help deal with a vast range of problems. Hypnosis is simply a state of heightened relaxation and altered awareness and everyone experiences it regularly.

When you are relaxed in this way it is possible for me to make contact with your subconscious mind, and create change in your life. The subconscious mind is the seat of all your emotions, habits and therefore directs nearly all your behaviour. Most importantly the subconscious is responsible for maintaining the body in good health and for all the autonomic processes, e.g., breathing, blood circulation, tissue repair and controlling blood sugar level.

So, using hypnosis, the subconscious mind can be contacted, and harnessed to promote desired changes and physical well-being.

You will probably be amazed by just how many different issues hypnotherapy can help with. Most people know that hypnosis can be helpful for stopping smoking and treating phobias. However, you may be more surprised to find that it can help you to pass your driving test, become better at public speaking or lose weight.

## **How does hypnotherapy work?**

We often experience hypnotic states in our lives. Have you ever been completely absorbed in a book or film and been oblivious to everything else around you? Have you ever arrived somewhere but because your mind was on something else, not remember the actual journey? This is the same sort of feeling that will occur when in hypnosis.

Whenever we do something over and over again, like driving, the skills required get stored within our subconscious mind, allowing the conscious mind to be free to drift. When your attention is needed again, for example to brake or change lanes, your conscious mind comes into play again.

Using a variety of techniques, I will be able to put you in a similar state, or trance, to that mentioned above. Your conscious mind will be relaxed and calm, as if in sleep, while your subconscious mind will be working overtime, listening and reacting to the suggestions that I give you.

In summary, hypnotherapy allows me to communicate directly with the subconscious mind - the area of your brain where your anxieties and habits are stored. Once in hypnosis, positive suggestions are given and will be acted on.

## **Testimonials:**

But don't just take my word for it, here's what some of my previous clients have said:

- 'Hypnotherapy helped me to pass my driving test after two failed attempts. Hypnotherapy helped me to feel calm and relaxed on the day'
- 'I did not expect hypnotherapy to work for me, but was really impressed with the results after just two sessions. I would recommend hypnotherapy, to anyone wanting to achieve something'
- You were so understanding and relaxing and I am keen to consider hypnotherapy for other areas of my life

## **The Programme:**

The number of sessions you require will largely depend on the type of problem that you face, and the amount that it impacts on your life.

Generally, a lifelong smoker can become a non-smoker after one or two, hour-long intensive sessions, a nervous driver can normally become more relaxed and calm after three 30 minute sessions, and a person wanting to lose weight can expect ongoing, behavioural changes, leading to weight loss, after four to five 30 minute sessions.

I give a free initial consultation where I will be able to learn more about you and the challenges that you face, and let you know roughly how many sessions you will require.

A standard 30 minute session costs about £37, but I offer many programmes, such as a course to pass your driving test or quit smoking – ask me for more information.

## **Contact me:**

For more information, please contact me on 01395 222100 or 07739 556784. You can send me an email at [jo@escape-therapy.co.uk](mailto:jo@escape-therapy.co.uk)

## **A word about hypnotherapy:**

I will explain a lot more about hypnotherapy and your individual treatment in your free consultation.

You will be completely in control of yourself at all times– this is nothing like stage hypnosis! Many people falsely believe that they will be 'under the control of the therapist and made to do something against their will'. The truth is that hypnosis is a natural state of mind that can be likened to relaxation, meditation or daydreaming. It is a state of mind that we can all achieve, and because the hypnosis comes from within the individual, the individual is the one in control, not the therapist.

I have a diploma in hypnotherapy and am a member of the British Hypnotherapy Society.

## **Frequently asked questions:**

### ***What if I can't be hypnotised?***

Have you ever been completely absorbed in a book or film and been oblivious to everything else around you? Have you ever arrived somewhere but because your mind was on something else, not remember the actual journey? This is all classed as a hypnotic state and anyone can achieve this.

The only people who can't be hypnotised are those who don't want to be. Everyone else can be hypnotised, but the depths and response levels do differ from person to person.

### ***Will I be unconscious?***

There is a lot of confusion about the word unconscious. Hypnotherapy does deal with the subconscious mind, but if you were completely unconscious you would not be able to hear the suggestion from the hypnotherapist. Hypnotherapy is a state of being calm, relaxed, and focused.

### ***I don't like the idea of having my mind controlled.***

It won't be - you will be in control at all times. Within each human being there is a protective mechanism of ethics, values, beliefs and identities, which protect you as an individual. Hypnotherapy can't make you do anything that goes against these ethics, values and beliefs - if it could, I'd hypnotise my husband to do all the housework!

### ***Will I know what's going on?***

Yes at all times, in fact whilst in a hypnotic state you are more alert than at any other time. There is no form of unconsciousness and nobody can be made to do anything that they do not want to do; a person in hypnosis is aware of everything happening around them, aware of themselves and their therapist, and will retain a full and accurate memory of everything afterwards.

### ***So, I'm not asleep then?***

Not at all. You will just be very relaxed and your awareness will be enhanced, not dulled. Often you may feel as if you have not been in a state of hypnosis at all.

### ***So how do stage-hypnotists make people do silly things?***

Entertainment hypnosis relies on compliance from the audience and a perception of what the audience expects. In fact, if you should choose to go to an entertainment hypnotist, you are going with the express intention of having fun and being asked to do silly things. A stage hypnotist (note the word 'hypnotist', not 'hypnotherapist') is a master at creating a roomful of expectation – cleverly, they make it so that you'd look stupider if you weren't compliant and didn't try to lay an egg on the stage!

### ***What does hypnosis feel like?***

There is no such thing as a 'hypnotised feeling', though many people find their senses to be far more alert than usual. Hypnosis, a totally natural phenomenon, is simply a very comfortable and relaxed state during which it is quite easy to communicate sensibly with the therapist if required too.

### ***How do you hypnotise somebody?***

I simply use my voice! Usually in a calm slow soothing way to help you to relax however I will use a more commanding tone especially when suggesting change. There are various other methods such as strobe lights, rotating spirals and so on that can be used to help clients into hypnosis.

### ***How long has Hypnosis been around for?***

Unlike most similar therapies, hypnotherapy measures its history in centuries, not years or decades! It was initially used by shamans (witch doctors) to heal people using sounds of the drum and singing - the repetition of sounds allowed the subconscious mind to be focused and the sick person to be healed.

In the mid 1800s the hypnotherapy was used to relieve pain. John Elliotson a leading London physician reported 1,834 surgical operations performed painlessly! In India a Scottish surgeon named James Esdaile (1808 – 1859) performed many major operations including amputation of limbs using hypnotic trance as the sole anesthetic.

Today hypnotherapy is considered a legitimate cure to many different problems and is often prescribed by the NHS.