

HYPNOSIS IS A “FOCUS STATE OF ATTENTION”



Hypnosis is a psychological procedure that can help to change how you feel and act. In hypnosis state of focus attention, client is more able to accept “suggestions”. The therapist will make suggestions to encourage the client to move away from unhelpful beliefs towards more helpful beliefs.



What is

HYPNOTHERAPY

Hypnotherapy is a type of psychological therapy that uses hypnosis to try to treat conditions or change habits.

Conditions that hypnotherapy help to treat:

- Anxiety
- Depression
- Insomnia
- Eating Disorders
- Post-traumatic Stress Disorders (PTSD)
- improving memory for people experiencing brain injuries
- Bad habits (i.e. smoking/nail eating/etc.)

Hypnotherapy can also be used to help the following medical conditions:

- dental procedures
- anaesthetic procedures
- pain management
- medical and surgical procedures

TYPES OF HYPNOTHERAPY

There are several types of hypnotherapy:

Solution Focused Hypnotherapy

The therapist works with the client to create and work towards solution, rather than focusing on the problem. It is more effective to work towards a solution instead of concentrating on the past.

Behavioural Hypnotherapy

It helps the client to modify their current (or future) behaviours and habits. The hypnotherapist will work with the client during the initial process to agree on appropriate changes. They then use hypnotherapy techniques and hypnotic suggestions to support and embed these behavioural changes.

Cognitive Hypnotherapy

It focus on the thoughts and beliefs identifying with behaviours. In some cases the mind can ‘get stuck’ in unhelpful ways of thinking (that may once have filled a positive need). Cognitive hypnotherapy can assist clients with changing their beliefs on a ‘subconscious level’, this allows the client to think about things differently.

Analytical Hypnotherapy

It is used to identify a “why”. It works to seek the root cause of certain behaviours. The therapist helps the client to respond to these causes differently.

Regression Hypnotherapy

Regression refers to taking a client back in their mind to past events which may have some bearing on their problem.

