

Hypnosis Fact Sheet

What is Hypnosis?

- Hypnosis is a deep mindset, where you almost feel dream like, you are very relaxed but are still aware of yourself and your surroundings and totally engrossed in your mind and imagination. Whilst in hypnosis I will ask you to engage your imagination then I will deliver suggestions to you to create positive change and your desired outcome. Have you ever been driving then arrived at your destination without remembering the journey? That blank in your mind is like being in hypnosis. Daydreaming is another feeling that is very similar to Hypnosis, it is truly, a lovely relaxing experience. No one has ever said to me that they've not enjoyed the experience.
- Hypnosis is a collaborative process between you, and me in which you will learn new skills to make emotional and behavioral changes to cognitive thought processes.
- Hypnosis is a skill that I will teach you to , that you will take with you once our sessions have finished, and apply them to yourself in the future.
- You as the client must be motivated to really want the change to happen and to reach your desired outcome.
- To increase efficiency you must adopt a hypnotic mindset, which means be motivated for it to work, and have confidence in your own abilities, which I will guide you to have. The suggestions then given to you in Hypnosis will be much more effective.
- You are always in control and you will hear everything I say to you.

What is hypnosis not?

- I'm not a stage hypnotist. Clinical and Cognitive Behavioral Hypnotherapy is completely different so I will not be making you do anything you don't want to do, or make you cluck like a chicken! (unless you want too)
- Hypnosis is not a state of sleep or unconsciousness. Most people report being aware of everything that happens, and relaxation helps but is not essential.
- You cannot become "stuck" in Hypnosis.

What can hypnosis be used to treat?

- Hypnosis can help with a variety of issues, if they are not listed here still get in contact and I will see how I can help.
- Pain Management
- Depression
- Anxiety
- Sleep disorders
- Fears or Phobias
- Bad habits (nail biting)
- Smoking

- Self esteem
- Confidence
- Personal development
- There are certain conditions that cannot be treated with hypnosis and I will advise you of this if I think it is the case

Can I be Hypnotised?

Everyone can be hypnotised if they want to be. All you have to do is engage your imagination relax and follow my instructions. The more times you are hypnotised the easier it becomes to be Hypnotised.

What is the client's role in Hypnotherapy?

You play a very active role in Hypnotherapy; it will be my job to guide you through the process of change and for you to engage in it. You must have belief that Hypnotherapy will work because if you don't have that then it won't work. I will ask you to be open and honest at all times whilst in therapy and anything you say to me will be strictly confidential (unless you're a danger to yourself or others) If there's something you don't like or something that's not working for you please just tell me and I'll find another way to help you. Every one is different and some things that work for some won't work for others and unless you tell me I won't know. Just as I will be doing homework on your case, so will you, and I want us to be fully committed, to make sure the treatment is as effective as possible. This could be a something to read or to practice something that you have learnt with me.

How many sessions will I need?

Clinical studies show that the average number of sessions needed for longer-term success is around 4-6sessions. Hypnotherapy is one of the briefest forms of psychological therapies. Depending on the problem will depend on how many sessions, and we will discuss this when I do the treatment plan with you in our first consultation session.

What does a normal Hypnotherapy session consist of?

This depends on the problem you are presenting me with. It will consist of an Initial consultation where we work together on a treatment plan and discuss the problem so I can best know how to treat you. It will involve lots of Hypnotherapy, Cognitive Hypnotherapy, and some NLP techniques, which can be done in hypnosis or out of hypnosis, but hypnosis is so powerful that I will normally do it in hypnosis.

I will discuss everything with you when we meet for the first consultation. Please do feel free to email me any questions or concerns you have in the meantime and I will do my best to respond to you ASAP.

My very best wishes,
Natasha

