



These are the most **commonly asked questions** at the outset of hypnotherapy. If you have any other questions, please feel free to make contact.

What is Hypnosis?

Hypnosis has been used under many different names through the centuries and the use of hypnosis for healing can be traced back to around 3000 BC in Egypt. It is an extremely effective treatment for people – children as well as adults - who have a variety of emotional and behavioural problems or who have had traumatic experiences. It is a very pleasant and effective treatment. It is often referred to as 'trance'. Hypnosis is an altered state of consciousness where the conscious mind relaxes and the subconscious is dominant.

How does it work?

Hypnosis works by establishing direct communication with the subconscious or the 'inner mind' to bring about changes that the client has identified.

Can anyone be hypnotised?

Yes, almost everyone can be hypnotised. All that is required is that you want to experience hypnosis. I have worked with some of the most resistant people who felt sure they could not be hypnotised but they all changed their minds after the first session!

What does it feel like?

Hypnosis is a natural state that everyone has already experienced regularly for example, during daydreaming or when it feels like only a few minutes have passed while you are engrossed in something when in fact an hour has passed. Your mind knows how to go into hypnosis (or trance) and is comfortable in this state. Everyone's experience of hypnosis is unique and may vary for you from session to session. People sometimes think they are not in hypnosis when they are and this is perfectly ok.

How can hypnosis help me?

Hypnosis is a wonderfully relaxing experience. It also allows an experienced and professional therapist to speak to your unconscious mind to help initiate the changes that you have identified you want to make. The mind-body link is very powerful – did you know that warts can be removed simply by hypnosis? Hypnosis can relieve many distressing emotional, behavioural, physical and psychological problems.

Is it safe?

With a qualified, experienced and professional therapist, hypnosis is one of the safest treatments. Its only side effect is feeling calm and refreshed.

Will I lose control of myself?

No - you are in complete control at all times. A good therapist is not trying to take control of you – we just want to help **you** to take control of your life. You can choose to come out of hypnosis at any time and simply open your eyes. No matter how relaxed you may be, the hypnotist cannot force you to do anything against your will.