

North Wales & Chester Clinical Wellness Centre

Hypnotherapy A client guide 2016/17



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www.clinicalwellness.co.uk

What is Hypnosis?

There are many different explanations as to the true definition of hypnosis. Hypnosis is generally accepted as a state of human consciousness in which the focus of attention is narrowed and awareness of distractions and surroundings reduced significantly.

In practice, hypnosis is useful to reduce the client's awareness of external distractions and ruminating thoughts, allowing them to relax deeply and accept positive suggestions that can bring about desirable and pre-agreed changes in their behaviour. When this takes place as a therapy, it is known as Hypnotherapy.

Hypnotherapy should not to be confused with "stage hypnosis" and at no time does the client hand over control to the therapist, or lose control of their mind or body. A client cannot be made to do anything that they would not normally accept.

A very brief history of hypnosis:

Hypnotherapy is thousands of years old and was used by many ancient civilisations including the ancient Egyptians. Known as "Sleep Temples", people would be guided into relaxed states and changes in their behaviour brought about through guided imagery. Hypnotherapy once again became popular in the mid-19th Century and has been widely researched. Hypnotherapy is now supported by science and widely accepted by the NHS and other organisations as one of the main psychological interventions.

What will happen during my Hypnotherapy session?

At the beginning of the consultation, your hypnotherapist will ask a number of questions and may take a full medical and psychological/emotional history from you. This is important as most of the issues faced by clients stem from past experiences and these may include physical and/or psychological traumas that could benefit from being discussed. An example of this would be for weight management clients who might not understand why they “comfort eat”. It may become apparent during the consultation that they eat for security that was lacking during a period of uncertainty earlier in their life.

At all times, you will be made to feel welcome and valued. The clinic is a friendly, comfortable and relaxed environment.

After the initial consultation, you will be asked to relax into the therapy chair. (If you use a wheelchair, it is fine to remain in it if you choose). The process of entering hypnosis is different for everyone and it will be tailored to your needs. Commonly you will be asked to wear headphones through which you can hear gentle music, the voice of the hypnotherapist and for some clients maybe some other sounds too. You may remain aware of everything that is said to you or just parts (but everything will be heard by your subconscious mind).

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Can I be hypnotised? What if I can't?

There are, in reality, very few people that can't be hypnotised. Certain people with psychiatric conditions cannot be hypnotised whilst symptoms are present and there are a few other exceptions. By choosing a qualified, professionally registered and experienced hypnotherapist you are ensuring that your therapy will be tailored to your needs and your best interests will be at the forefront of your hypnotherapist's mind at all times. If you need longer to enter the desired level of relaxation then this will be factored into your therapy.

How will I be hypnotised?

Generally speaking, we use a gentle "permissive" form of hypnotic induction. This is very different from the old fashioned "you are feeling sleepy" type of induction seen in old films. Commonly used are relaxation processes which are used to clear your mind of clutter and negative thoughts that may be present, followed by a full body relaxation using your mind to relax every muscle group in your body. The result of this is often a mid-level hypnotic state which is ideal for some clients. Other clients may need to experience deeper hypnosis and this will involve engaging their imagination more thoroughly.

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How long will a hypnotherapy session take?

A typical hypnotherapy session takes around 60 – 90 minutes.

An initial consultation may take a little longer, particularly in more complex conditions, where taking a thorough history or inducing the client into hypnosis may take a little longer.

Please note: If you have driven yourself to your appointment, you should be fully alert and capable of driving afterwards. Please allow extra time if this affects you.

How will I feel after my hypnotherapy session?

Hypnotherapy is wonderful for bringing about a deep sense of relaxation and wellbeing and many clients report that they feel uplifted and very relaxed. There are no negative side effects to hypnosis and you should be able to enjoy the rest of your day after your session has ended.

How many sessions will I need?

This is very difficult to predict and depends on the nature of the issue for which you are seeking therapy. The following are guidelines only:

- Generalised Anxiety and confidence – 5 sessions (then review)
- Phobias – 1 to 5 sessions
- Weight Management and Virtual Gastric Band – 5 sessions
- Pain Management – 5 sessions (then review)
- Irritable Bowel Syndrome – 5 sessions
- Smoking – 1 session
- Educational performance – 2 to 5 sessions
- Sports performance – 2 to 5 sessions
- Health relaxation – as required according to condition being treated
- Habits – 1 to 5 sessions
- Business performance and confidence – dependant on requirements

How much will it cost?

Individual consultations start at just £40. Please see our website.

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