



Hypnotherapy - Frequently Asked Questions.

Understanding Hypnotherapy

What is Hypnotherapy?

Hypnotherapy combines a recognised therapeutic approach with hypnosis. The therapeutic work helps us identify the thoughts, beliefs or patterns that may be contributing to the problem and agree more helpful ways of thinking or responding. Hypnosis is then used to help you become relaxed and focused, making it easier to concentrate on rehearsing and adopting those agreed changes.

It is a collaborative process. Nothing is imposed upon you: the aims and methods are discussed and agreed beforehand. You remain fully conscious, in control, and able to stop the process at any time.

Can anyone be hypnotised?

Most people are capable of experiencing hypnosis, but you cannot be hypnotised against your will. You need to be willing to take part and engage with the process.

You do not need any special skills or abilities. Relaxation can help, and I can help you with that. With a little experience and practice, many people find that becoming relaxed and focused becomes easier.

It is also likely that we will develop this newfound ability so that you can use self-hypnosis yourself, helping you to reinforce the effects of the therapy whenever you wish.

What can hypnotherapy help with?

Hypnotherapy can be used to help with a wide range of difficulties where thoughts, beliefs, emotions or habitual patterns are contributing to the problem.

In my own practice, I commonly work with issues such as anxiety, stress, phobias, unhelpful habits, sleep difficulties, low confidence and low self-esteem.

The aim is not simply to remove a symptom, but to understand what may be maintaining it and to help you develop more useful ways of thinking, responding and behaving.

Whether hypnotherapy is appropriate will depend on your individual circumstances, which is one of the things we will explore during the free initial consultation.

Is hypnotherapy suitable for everybody?

No. Hypnotherapy can be very helpful for many people, but it is not suitable in every circumstance.

As part of the free, no-obligation initial consultation that I offer to all potential clients, I will ask some questions to help me assess whether hypnotherapy is likely to be suitable for you. If I have any concerns about its suitability, I will explain them to you and, where appropriate, suggest that another form of support may be better suited to your needs.

I will not knowingly offer therapy where I believe it would be inappropriate or outside the scope of my practice.

Common Concerns

I'm worried about being put into a trance

Words such as trance, sleep and mesmerised are often associated with hypnosis and can create an unnecessarily mysterious impression. They are essentially legacy terms and, in this context, simply refer to a pleasant, relaxed and focused frame of mind.

During hypnotherapy you remain conscious, fully aware and in control. You will still be able to hear, understand and respond to what is happening. You can speak, open your eyes or stop the process whenever you wish.

I liken it to that pleasant period when you are waking in the morning but have not yet opened your eyes. You know where you are and could get up if you wanted to, but you may choose to remain comfortable for a little longer.

Is hypnosis a form of mind control?

No. Hypnosis does not give me control over your mind.

Rest assured, this is completely untrue. As a Hypnotherapist, I cannot control your mind. Frankly, neither would I want to bear that responsibility, even if it were possible. You can expect to be perfectly lucid and in complete control throughout the session. You will be perfectly able to stop the session at anytime if you become uncomfortable with the proceedings

The aims of the therapy and the suggestions used during hypnosis are discussed and agreed with you beforehand. You remain conscious, aware and in control throughout the session.

If anything were said or suggested that you did not agree with, you would be able to reject it, speak up, open your eyes or stop the session.

Can I get stuck in hypnosis?

No. You cannot become “stuck” in hypnosis.

You will remain conscious and in control throughout the process and will be able to simply open your eyes, speak or stop the session whenever you wish. If the session were interrupted for any reason, you would simply return your attention to your surroundings in the normal way.

Will I remember what happened?

Yes. During hypnotherapy you remain conscious and aware of what is happening, and you should expect to remember the session afterwards.

Hypnosis does not create a period of unconsciousness in which things can be said or done without your knowledge. You remain an active participant throughout and are able to respond, question or stop the process at any time.

I will also provide you with a recording of the hypnosis part of the session. This allows you to revisit and reinforce the work afterwards, and gives you an accurate record of what took place so that you do not have to rely upon memory alone.

What to Expect

What happens during a session?

We will begin by discussing the issue you would like help with and identifying what changes you would like to make.

Together we will agree the aims of the session and the approach we are going to use. If hypnosis is appropriate, I will help you become relaxed and focused, and we will use the ideas, strategies and suggestions that we have already discussed.

This session, and those that follow, will form part of a connected process. We will link each session to the previous and following session, and regularly review your progress so that we can adapt the work where necessary. Regular review also helps ensure that therapy does not continue for longer than it needs to.

The process is collaborative throughout. You will know what we are working towards during each session, why we are doing it and where it fits into our overall plan.

I will also provide you with a recording of the hypnosis part of the session so that you can revisit and reinforce the work afterwards.

How many sessions will I need?

There is no fixed number, because this will depend on the issue we are working with, your individual circumstances and the progress you make.

As a general guide, many people find that a relatively small number of sessions is sufficient, but we will review progress regularly rather than simply continuing indefinitely.

Your own engagement between sessions can also make a significant difference. Where appropriate, I may suggest exercises, practice or self-hypnosis between appointments to help reinforce the work we have done together.

If the work is complete, we stop. If further sessions may be helpful, we discuss and agree that together.

How often will I need to attend?

In most cases, I would normally suggest one session each week, particularly at the beginning of therapy. This gives us enough continuity to build on the work from the previous session while still allowing you time to practise and reflect between appointments.

That said, the frequency is not fixed. We can agree a pattern that suits your circumstances, the work we are doing and the progress you are making.

As therapy progresses, it may be appropriate to leave longer gaps between sessions, particularly where you are becoming more confident in using the techniques yourself.

Will I need to do anything between sessions?

Often, yes. Therapy is not something that I simply do to you. It is a process that we work through together, and what you do between sessions can be an important part of that process.

Depending on what we are working on, I may suggest practising self-hypnosis, listening to your session recording, trying particular exercises, or simply noticing and reflecting on thoughts, feelings or behaviours as they occur.

We may also discuss and agree lifestyle changes that could support the result you hope to achieve and help reinforce the work we are doing together.

This between-session work gives us useful information to discuss when we next meet and helps the changes we are working towards become more firmly established in everyday life.

How do online sessions work?

Online hypnotherapy works in much the same way as meeting face to face, but you can take part from the comfort and privacy of your own home.

We will meet by video call, talk through the work in the same collaborative way, and I will guide you through the hypnosis while you remain comfortably seated or reclined in your own surroundings.

For many people, being in a familiar environment can make it easier to relax and focus. There is also another important advantage: after a session you may feel very relaxed. If you are already at home, you can simply remain comfortable and allow yourself time to enjoy that feeling rather than immediately having to travel home, perhaps in poor weather or after dark.

The act of travelling can quickly interrupt that relaxation. Part of the aim of therapy is to help relaxation become more familiar and more habitual, so being able to remain in that calm state for a little while after the session can be useful.

Before we begin, I will make sure that you are somewhere reasonably quiet and comfortable, where you are unlikely to be disturbed.

What happens during the free initial consultation?

The initial consultation gives us an opportunity to talk about what is troubling you, what you would like to change and what you hope to achieve from therapy.

It is also an opportunity for me to ascertain whether hypnotherapeutic interventions are likely to be suitable for you, and for you to decide whether you feel sufficiently comfortable with me — whether you like and trust me enough for us to work together.

In other words, it is about establishing the mutual confidence needed to decide whether we should progress from this point.

You are welcome to ask any questions or raise any concerns you may have about hypnotherapy or the way I work. The consultation is completely free of obligation or pressure, and there is no expectation that you will continue with therapy afterwards.

We will also discuss what you can realistically expect from hypnotherapy. I will not promise a particular result or guarantee that therapy will produce a specific outcome, because no responsible therapist can do that. What I can do is explain how I work, what we are aiming to achieve, and what your own involvement in the process is likely to require.

I will not ask you for payment or financial details during the consultation. We may, however, discuss the fees and financial arrangements that would apply should we both decide to continue.