



Some people believe that there is a special mental state of Hypnosis. One where you're controlled by the commands of the hypnotist. That you might even be under the control of another person, unable to resist their commands. You may have seen some stage hypnosis where people are commanded to do odd things!

Hypnotherapy is **not at all** like any of those things!

There is no special mental state. You will simply become very relaxed. I liken it to that time in the morning when you are in the process of waking up. Your eyes are still shut, you know it is morning and you are trying to work out if you can stay in bed a little longer or should you get up now, before the alarm rings. You may even be remembering what you need to do today. If somebody spoke to you, you would be perfectly capable of dealing with that person. Hypnosis is just the same. You cannot be made to do anything against your will. You will remember everything and will be perfectly capable of stopping the proceedings if you so wish

I use what is called an induction and a deepener when we think it necessary. An induction simply helps you to relax and a deepener helps you to relax even more. I will train you to use these skills yourself, so that you are able in the future, to use self hypnosis as a tool to help you with a wide range of issues, whenever you wish to use it. Very soon you will find that you can simply relax to a much deeper level than you thought possible, at will.

Cognitive Behavioural Hypnotherapy, simply uses many of the techniques of Cognitive Behavioural Therapy, and utilises Hypnotherapy as a tool to help you to replace cognitions that are causing you problems, with more positive, beneficial ones. For example, we would identify whatever beliefs or values that are causing you problems, and discuss and agree a new set of more beneficial thoughts and beliefs. I would then use Hypnotherapy to help you to relax and concentrate upon the new cognitions we have identified and agreed upon. The process simply allows you to shut out all the distractions from the outside world, helping you to accept the new suggestions.

Rest assured, that at any time, it is well within your power to stop the process. You will remember everything and it is not possible to become 'stuck' in hypnosis.

Contact me now to arrange a free, no obligation informal meeting where in we can discuss your issues. I will explain the process in more detail and answer all of your questions fully and honestly