

## **FAQ: Hypnosis & Hypnotherapy**

### **General**

#### **How can Clinical Hypnotherapy help me?**

If something isn't working in your life, or you find it difficult to resolve a problem or give up a bad habit, it's likely to be the result of your habitual way of thinking, feeling or behaving and the effect of past experiences. Some experiences, often from early childhood, continue to have a negative influence in adult life.

These negative thoughts, feelings, behaviour, habits and traumas are deeply ingrained and this is the reason why people often find it so hard to change. You may have made a conscious decision to resolve a problem or change a habit, but your subconscious programming may make this very difficult.

The job of a specialist in clinical hypnotherapy is to help you to access and reprogramme your subconscious mind in a way that's more positive and in line with what you want to function at your best as a healthy adult. In this way, you are able to redefine your thoughts, feelings and actions, enabling you to bring about the changes necessary to achieve your goals.

Many Hypnotherapists are also trained in other forms of psychotherapy and counselling and will use the most appropriate techniques and methods to suit the individual client and address their particular issues.

## **Can anyone be hypnotised?**

Anyone who wants to experience hypnosis and is willing to follow some simple instructions will go into hypnosis. Hypnosis is simply a natural state of deep relaxation whilst focusing on a particular idea, thought or imagery. It's something we experience when falling asleep and waking up and at various other times throughout the day when we are 'day dreaming' or on 'autopilot' and don't pay any particular attention to what's going on around us. You are in control at all times and you can't be hypnotised if you don't want to be!

## **Are there any harmful side effects?**

No, none, although it is recommended that you ensure that your therapist is properly qualified, insured, belongs to an appropriate professional body, engages in continuing professional development, and receives ongoing professional supervision. It's worth asking how long their training was and whether they are eligible for registration with the Complementary and Natural Healthcare Council (CNHC), the body established with support from the UK government to set and maintain the national occupational and training standards for the profession.

When you are in the state of hypnosis, your mind responds to beneficial suggestions but will not accept any that would be harmful to you or conflict with your personal values and wishes. Hypnotherapy can be safely combined with other forms of psychological and physical therapy or medical treatment. You can always discuss this with your doctor or other specialist.

Hypnosis has been used both by medical doctors and complementary and alternative health practitioners for over 200 years. It is an evidence-based form of therapy and is widely recognised as beneficial in treating many conditions, ranging from pain control and reducing bleeding, to IBS and immune system conditions, and virtually every kind of stress-related illness.