

Hypnosis & Counselling

10 commonly asked questions and 10 uses.



Aiden Lottering

What is the difference between Hypnosis & Counselling?

Hypnosis is a state of human consciousness involving focused attention and reduced peripheral awareness and an enhanced capacity for response to suggestion. The term may also refer to an art, skill, or act of inducing hypnosis.

Counselling is basically 'talk therapy'. Counsellors are oriented toward working with people who are doing reasonably well in their lives but are experiencing some form of distress. Counsellors generally focus on prevention, development, and adjustment. They often provide psycho-educational techniques focusing on lifestyle and career development, social, cultural, or family issues, and substance abuse.



Will I bounce around like a chicken and bark like a dog?

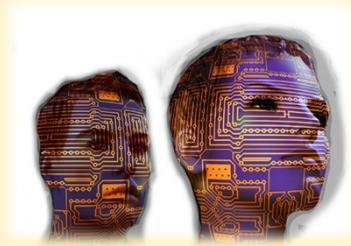
Never in a therapeutic session. Maybe in a hypnosis show, but that is completely different from a hypnosis therapy session. The two cannot be linked at all. Most people have only seen hypnosis used in a setting where it needs to be entertaining. This reference makes them think that it is some magic spell that is cast upon the person performing. Not true at all. If you do a little bit more research you will definitely begin to see the difference between stage hypnosis and hypnotherapy.



Am I weak minded if I can be hypnotized?

No, many top sports people use hypnosis. Sports people, especially professional ones, are definitely not weak minded. This is a very big misconception.

If it is considered weak to learn how to use your subconscious mind to assist with various problems that you face in your life, you need to adjust your reasoning. This modality has nothing strange surrounding it.



Will I do things that I do not want to?

You will not be able to do things that go against your own personal moral compass..

The session should be very comfortable and should not make you feel like you are being forced to do something against your will.

The type of brainwashing that requires people to go against their own moral values takes months and sometimes even years, this is not the fault of the tool, but the fault of those that use it.

I am afraid that I will share things that I do not want anyone to know.

This is only a valid fear if you think that your therapist is judgmental and not there to assist you with what you are dealing with. Therapy should be an environment where you feel comfortable to share anything. Naturally if it is something that goes against the law, then your therapist will, by edict of their code of ethics, have to report it to authorities.



Does Hypnosis work for everyone?

No, and if you find that you are not susceptible to Hypnosis, then it is by no means an indication that something is wrong with you.

It just means that other approaches should be used to assist you with what it is you are trying to work on. In comes counselling. This modality of sorting out what you need to sort out will then work better for you.



How many sessions are needed?

This is highly subjective, but the average amount of sessions for most people range between 3 – 6. This is just a guideline and many people sort out their troubles within 1 or 2 sessions while other people prefer to keep on doing a session a month as part of their stress management and personal growth. You should have an indication of whether or not it will work for you after the first session, if it does not work at all, then you will at least walk away with a positive counselling experience if the practitioner is properly trained.

What can I expect from a session?

In a relaxing, non-judgmental environment, you will go through a process that leads you into trance. This does not mean that the practitioner will control your mind or that you are weak-minded if you are able to be hypnotized. It simply means that you go into a state that most people go into naturally during the day. Within this trance state your issues, with the assistance of the practitioner, will be addressed. You will not suffer amnesia and be presented with a cure when you are taken out of the trance state. It is actually a very focused process to find solutions and assistance with your troubles within the values that are planted in your subconscious mind. It is not a cure for all and definitely not a magic potion that will just solve everything. Science has proven a lot of benefits related to hypnosis and it is a respectable modality that is gaining more and more popularity.



Will I be opened up for some form of possession?

Many people are taught that the hypnotic process opens you up for 'other things' to come in or that it is against your religion. This is just lack of research and knowledge that is talking. Do your own research before you judge and let someone take away the opportunity for you to have a tool that you can use for life.



How do I know a practitioner is properly trained?



The first thing to establish is whether or not the person was trained through a reputable organization. There are a couple of internationally recognized training institutions that operate on a very strict ethical code. When a practitioner is affiliated with any of these institutions, then you are already sure that the practitioner that you want to go and see has had proper training with a well researched curriculum. Feel free to ask who the practitioner studied with. Most of the organizations will be happy to validate their members.

**Now that all of that is out
of the way, let us see
what Hypnosis &
Counselling can be used
for...**

STRESS

Stress can definitely be a killer if you do not learn how to manage it. Did you know that Stress will never be eradicated from your life? It can actually be good for you in certain doses. With Hypnosis & Counselling you can learn functional steps to manage your Stress levels effectively and efficiently. This is very beneficial in the long term.



AGGRESSION

Do you get angry? Of course, most of us do. It is not acceptable though to hurt yourself or others because of your anger. Nobody ever felt good after losing their temper. Aggression has a negative effect on you and other people but with Counselling & Hypnosis, you can learn proper anger management.



SEXUAL PROBLEMS

This sensitive subject does not only affect men, but women as well. If there is no physical reason for you to experience sexual problems, then it may be rooted in your subconscious. Hypnosis & Counselling has been known to work wonders with sexual problems.



SPORT

Many top athletes use Hypnosis to enhance their skills in their own respective sports. They know that the relationship between their focus & concentration is directly related to their performance.



SADNESS

Have you lost a loved one? Know how painful it can be? What do you do with the pain and sadness? Counselling is an excellent way of coming to grips with death and all the surrounding side effects that it can have on our lives. It can empower you by giving you the strength to get on with life's demands.



TRAUMA

Have you experienced Trauma? Maybe you were attacked? Raped or abused? These events can drain your energy and affect your relationships in a negative way. Counselling & Hypnosis is a very good way of getting back your power.



FORENSICS

Hypnosis can never be used in a court of law as evidence. It has been used to facilitate better outcomes for investigations. These investigations benefitted a lot from information gathered from people who were involved in the case.



SELF CONFIDENCE



Do you have an idea of who your worst enemy is when it comes to your self-confidence? Your own subconscious! It is usually the case that something in your subconscious mind is sabotaging your own self-worth and ability to engage in life. With Hypnosis & Counselling you can definitely find assistance. It can give you insight into yourself and increase your self-confidence drastically.

PHOBIAS

Where can you go to get assistance with a phobia? A Phobia is an irrational fear. They can be mild or absolutely devastating to quality of life. Hypnosis & Counselling can assist greatly with this issue. Better quality of life is available.



PAIN MANAGEMENT

Your Brain does not feel pain. Your nervous system delivers impulses to your brain when you feel pain. Lots of people turned to Hypnosis & Counselling to assist with chronic pain management. It has been proven over and over again that it can assist with pain management.



IS HYPNOSIS OR COUNSELLING FOR YOU?

This tool is not for everyone, but it is for those who want to actually change things in their minds. Changing your thoughts can change your life. There a lot more things that these modalities can assist with. You decide.

aiden@childrenoflife.co.za

www.childrenoflife.co.za