

Some of the common problems that can be helped with Hypnotherapy

Anxiety	Pain management
Chronic fatigue syndrome	Panic attacks
Depression	Phobias
Eating disorders	Public speaking
Examination nerves	Quitting smoking
Fear of flying	Skin conditions
Insomnia	Sports performance
Low self-confidence	Stress
Low self-esteem	Stuttering
Obsessions & compulsions	Weight reduction

Psychotherapy, Stress Management & Wellness Coaching

Hypnotherapy is a major tool in Psychotherapy, but it is not the only tool. In general, psychotherapy will concentrate on bringing a balanced direction to one's life by using such skills as Structured Discussion, Hypnosis, Coaching, Neuro-Linguistic Programming, Solution Focused Therapy, Motivation and Goal Setting.

In today's modern world, Stress is abundant and there is clear scientific evidence demonstrating that its presence can present a serious and measurable risk to the public's health and well-being.

Exposure to long term (chronic) stress can result in severe long term clinical health problems affecting the physiology and hemodynamic functioning of the human body.

Recognising your stress and utilising coping strategies together with management tools provided with Psychotherapy and Hypnotherapy, can help to improve the quality of your life.

Hypnotherapy Training Institutions

- *The British Society of Clinical and Academic Hypnosis (BSCAH)*
- *Academy of Clinical and Medical Hypnosis (ACMHL)*

Professional Registrations

- *National Council for Hypnotherapy (MNCH)*
- *National Council of Psychotherapists (MNCP)*
- *Complementary and Natural Healthcare Council (CNHC)*

Contact us

Please feel free to call us on 01234 772929 for a friendly, private, and confidential discussion to see how we can help you.



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Hypnotherapy

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How we can help you

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What is hypnosis?

Hypnosis is a very safe, relaxing, and enjoyable complementary experience in which a patient will enter into an extraordinary state of relaxation (physically, mentally and emotionally); usually referred to as a state of trance.

This state of 'trance' is often experienced by people who become engrossed in a book, television programme or a daydream in which their awareness is highly focused to the exclusion of all else.

It is like that wonderful deep relaxation you feel just before dropping off to sleep.

How does hypnotherapy work?

Hypnosis enables the conscious critical and analytical part of the mind to take a back seat, allowing the subconscious mind which is highly suggestible to come to the forefront and become open to suggestion.

The therapist will talk to you in a slow and soothing voice directing you into a self-hypnotic 'trance'; then use psychotherapeutic language and suggestion to enable changes in thoughts and behaviour to be understood. This enables the subconscious to accept, act upon and re-learn new behaviour.

Therefore, put simply, when a patient is unable to solve a problem at the conscious level, hypnotherapy deals with the problem at the subconscious level.

Dispelling the myths of hypnosis

Hypnosis is not sleep, you cannot get "stuck" in a state of hypnosis.

People who have been hypnotised do not lose control over their behaviour. Neither can they be made to give up information that they do not wish to disclose. In fact patients can terminate a session whenever they want to.

The conscious mind

The conscious mind is our active mind and occupies the left side of the brain known as a hemisphere. This mind is logical, rational, critical, analytical and mathematical, objective and abstract. It has no emotion and is based on intentional memory.

This is the thinking mind of the moment, in other words, it's your working mind making decisions about what you do and how you go about doing it. It gives you a choice about what you do and how you do it.

The subconscious mind

The subconscious mind occupies the right hemisphere and is based on involuntary memory. It is governed by our feelings, emotions, instinct, intuition, imagery and metaphor. It is the primary area where habits are formed and phobias are generated.

Think of this mind as the powerful system which is controlling all of your bodily functions such as breathing, circulation, muscle control; the management and regulation of your internal organs.

This mind is unique as it captures and stores all of the things that your senses detect, such as, what you hear, see, taste, smell and touch. Therefore, just like a powerful computer, it holds and stores a massive amount of information.

Why the subconscious mind always wins!

The subconscious is the more powerful of the two minds and therefore will always win whenever there is a conflict. How many people actually wish to give up smoking but find it really difficult? That's because the subconscious holds the triggers that drive the craving. However, the subconscious can have these drivers changed and accommodate a re-learning programme.

What happens on my first appointment?

The therapist will undertake an initial assessment and you will be encouraged to discuss your problems and concerns in a private and confidential setting. Goals for therapy are discussed, agreed and a full explanation of hypnosis is provided. Any questions or misconceptions about hypnosis would also be dealt with. Finally you will be asked to sign a consent form to enable hypnotherapy to begin.

You may wish to lie in a reclining chair or on a couch and be provided with a blanket to keep you comfortable throughout your hypnotherapy treatment. Following hypnosis you will awaken and the therapist will discuss with you their findings and your treatment plan. Deeper and longer sessions of hypnotherapy may follow in subsequent appointments.

About us

Kevin and Joy are qualified and experienced therapists who have undertaken professional training in Hypnotherapy, Psychotherapy, Neuro Linguistic Programming, Stress Management and Wellness Coaching. They have both achieved the prestigious *Hypnotherapy Practitioners Diploma* which is seen as the 'Gold Standard' in hypnotherapy; recognised by the Open University and accredited by the NCFE.

We are both committed to regular *Continuous Professional Development* (CPD) in order to provide our clients with the very best and most up-to-date evidence-based practice in hypnotherapy and psychotherapy.

Our practice is located in the beautiful and peaceful countryside of Renhold, which is 2 miles to the North of the County Town Bedford. Ample off road parking is available at the clinic and is free of charge. Our practice holds professional insurance and we provide flexible appointments to suit our clientele.

Hypnotherapy