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Each person is an individual and has a unique psychological profile, biochemistry, developmental and social history. As such, advice will not be given over the internet and recommendations and interventions within this website cannot be taken as a substitute for a thorough medical or allied health professional assessment or diagnosis.

Hypnotherapy

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INTRODUCTION

Some form of hypnosis has been an intimate part of man's experience over the last three thousand years. The word hypnosis is derived from the Greek work "hypnos" which means "sleep", yet it is not sleep. It is a state resembling sleep but with special characteristics of its own.

WHAT IS HYPNOSIS?

The definition of hypnosis is characterised by two elements:

- **TRANCE:** An altered state of consciousness, where the conscious mind is less active and the subconscious mind is more dominant. This state of mind is distinguishably different from alertness or ordinary sleep and is brought on by repetitive verbal rituals, known as the induction procedure.
- **SUGGESTION:** The implanting of selective thinking to change beliefs, practices and conditions in the mind at the unconscious level.

Thus, hypnosis appears to involve a shift in concentration, executed in a passive manner, resulting in a state of consciousness, characterized by narrowing of attention, reduced rational criticalness, and increased responsiveness to suggestion.

Hypnosis helps the individual to by-pass the conscious mind where the rational and logical functions are found in order to entertain and comprehend new alternatives and belief systems.

SOME FACTS ABOUT HYPNOSIS

- Going into a state of hypnosis is a very normal natural activity. All hypnosis is self induced hypnosis, but external suggestion can trigger it.
- No person can be hypnotized without their consent, cooperation and willingness. 3. No one can be made to do or say anything that they are ethically or morally opposed to during hypnosis (in fact most people appear more ethical during hypnosis)
- Persons in hypnosis remain in control of themselves at all times.
- The person who is hypnotized is aware of everything the hypnotist says at all times and awakens from hypnosis easily.
- No one can remain in hypnosis for more than several minutes unless they want to do so.
- Hypnosis is not a miraculous power.
- Hypnosis merely enables your mind to access and use your own natural healing and physical abilities, to assist in healing or physical accomplishment.
- Hypnosis allows your subconscious mind to accept positive suggestions
- Hypnotic suggestions can release unwanted behaviour patterns.
- Hypnosis can strengthen any part of your personality or ability that you desire.
- Hypnosis actually strengthens the will and improves the powers of the mind.
- Most people describe hypnosis as a restful state where they are still aware, in control, but very relaxed, much like the twilight time before sleep.
- The hypnotic subject will never forget anything, unless they agree to forget.

Psychiatrists, medical doctors and psychologists have used hypnosis for more than two centuries to treat pain and illness. Since World War II, it has slipped quietly into the clinical mainstream. It is employed today to combat phobias, control bad habits and enhance performance.

During hypnosis a person can release subconscious programs that control them releasing unwanted patterns of behaviour. Hypnosis can facilitate an improvement or change in any physical or mental ability. In deep hypnosis an individual can stimulate or increase healing ability, modify or change their emotional state or feelings or release causes for fears and phobias, then permanently release the fear.

APPLICATIONS FOR HYPNOTHERAPY

Any activity of the human mind can be altered with hypnosis. These include:

- Concentration, clear thinking
- Memory enhancement
- Confidence boosting
- Overcoming nail biting
- Anxiety, Depression
- Phobias, Fears
- Stress
- Enhance performance (sport, learning, study, exams)
- Smoking Cessation
- Weight Loss
- Recovery from illness & preparation for surgery
- Pain Control (to relieve pain)
- Addiction (Alcoholism)

WHO CAN BE HYPNOTISED?

Everyone can go into hypnosis to some degree. The best subjects are those who are intelligent and without mental impairment and who want to and expect to be hypnotised.

95% of people will go into light to medium hypnotic state the very first time whilst 5% may have difficulty (too young, too senile, have brain damage, or have no attention span, etc.)

20% of adults will go to deep levels of hypnosis the first time as will 80% of children who are hypnotised. (Children normally are the best hypnotic subjects).

Although the underlying mechanism by which it works is still poorly understood, hypnosis has made and continues to make dramatic improvements in the quality of life for people with a wide range of disorders and ailments.