



## **Hypnotherapy: FAQ (frequently asked questions)**

### **What is hypnotherapy?**

Hypnotherapy is a therapy that assists a client find meaningful alternatives to their present ways of thinking, feeling, or behaving. Hypnotherapy also tends to help clients become more accepting of themselves and others and can be most useful in promoting personal development and unlocking inner potential. Hypnotherapy is a two-way process between the client and therapist - a professional and therapeutic partnership.

### **How does it work?**

Once the therapist has gained sufficient information about a client's predicament they will, with permission, initiate a relaxation - ideally connecting to the subconscious mind. From here, the therapist will be able to address the issues raised and help a client's subconscious mind perceive certain events in a different and often more positive light, while distracting the conscious mind. This is achieved through a series of deep relaxations, thus causing a dissociation between the two states.

### **Is hypnotherapy safe?**

Hypnotherapy is completely safe, non-invasive and a totally natural state. It can often effectively resolve many challenges in a few sessions.

### **Who may benefit from hypnotherapy?**

Everyone can benefit from hypnotherapy - whether a loved one has passed away and you are seeking guidance to move forward and find closure, overcome insomnia, gain confidence, make a speech, feel relaxed prior to dental treatment, improve a sports performance, overcome anxiety and stress, etc. - hypnotherapy can improve these and many other ailments.

### **Do you lose control?**

People are sometimes concerned that they will 'lose control' while they're in a very relaxed state. Regardless of how deeply you may go into hypnosis and however passive you may appear to be, you remain in full control of the situation. Nobody can make you do anything that you don't want to do.