

# Lifepath Psychology



## Hypnotherapy Q&As for Clients

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## **What is Hypnosis / Hypnotherapy?**

Hypnosis, also known as hypnotherapy, is a method of inducing a trance or a dream-like state of deep relaxation in order to treat disorders of a mainly psychological or emotional origins. Today, hypnosis is recognised by the scientific community as an effective healing tool. It is not a treatment in its own right, but is used as a part of medical, psychological and dental treatments.

## **What Disorders can be helped by hypnosis?**

Hypnosis can help you change attitudes, perceptions and behaviours. It can be effective in treating a range of medical and psychological issues, including:

- Anxiety
- Stress
- Asthma
- Migraine
- Chronic pain
- Obesity
- Fears and phobias
- Thumb sucking
- Smoking
- Sleep problems
- High blood pressure
- Sexual problems
- Insomnia
- Stuttering.
- Panic attacks

## **How does it work?**

The brain has different levels of consciousness, or awareness, ranging from fully alert to drowsy to fully asleep, with variations in between. Hypnotic states occur naturally and spontaneously. Everyday examples include:

- Daydreaming
- Being absorbed in a pleasant task and losing track of time
- Doing a mundane task (such as washing the dishes) while thinking about something else, to the point you can't actually remember performing the task
- Getting lulled into a dreamy state by boredom, for example, when listening to a dull speech.

Hypnosis deliberately induces this kind of relaxed state of awareness. Once the mind is in a relaxed state, any therapeutic suggestions can have great effect on attitudes, perceptions and behaviours. The way that this occurs isn't fully understood. Some researchers believe that hypnosis promotes particular brain wave activity that allows the mind to take in and adopt new ideas, while others suggest that hypnosis accesses the 'unconscious mind', which is more open to new ideas than the rational 'conscious mind'.

## **Who is in control?**

Suggestions may be taken to heart, but only if those suggestions are acceptable to the hypnotised person. Contrary to popular belief, you can't be hypnotised into doing things against your will. You can't be forced into a hypnotic state either. Instead, you allow yourself to be hypnotised. It is a voluntary altering of your own consciousness, and you are always in control. In other words, you are hypnotising yourself.

## **What will happen in a hypnotherapy session?**

Many hypnotherapists offer an initial consultation, generally lasting around one hour and usually involving several elements:

- A discussion about your requirements and goals.
- Gathering personal information such as sleeping patterns, lifestyle information, medical symptoms or medication, any treatments involving other healthcare providers.
- An explanation of how the hypnotherapy process will work.
- Practical details such as cost, cancellation policy, how many sessions might be needed.

During your initial consultation, inform your hypnotherapist about your medical history and any conventional medical treatment that you are having, including prescription or over-the-counter medicines.

In the subsequent session/s the practical application of clinical hypnosis can then begin. While delivery will differ from therapist to therapist and each will explain how the process will work, the following popular session structure may give you an idea of what to expect:

- A welcome chat to encourage comfort and relaxation.
- Induction - the hypnotherapist will then lead you into a state of deep physical and mental relaxation.
- Once deeply relaxed, the hypnotherapist can then begin 'change work' using techniques and approaches discussed and agreed to help you towards your goals.
- Once the 'change work' is complete, the hypnotherapist will begin the transition to wakefulness, in which you are gradually brought out of your trance.
- Time for any questions you may have and a summary of the session and any progress made thus far.

## **What are the results and success rate?**

While it appears that almost anyone can be hypnotised, hypnosis does not always bring about good results. It is unclear why hypnosis does not work for everyone. Some researchers believe that a person is born with character traits that allow hypnosis to work, while other researchers believe that the ability to be hypnotised is a learned skill.

Suggestibility doesn't mean you have a weak character, as popularly believed. A strong-minded person may be a good candidate for hypnosis because they will strive to get results from treatment.

People who get the best results from hypnosis appear to have a few things in common, including:

- A good imagination
- The ability to get lost in a movie or book
- The ability to concentrate and keep mental focus.

For clients who are motivated and suitable, our therapies has maintained a 90% success rate.

## Are there any risks and what are they?

It's important to understand the potential benefits and risks of any therapy, medicine or treatment. Hypnosis is considered to be a safe treatment when performed by a qualified and experienced practitioner. In rare cases, however, a patient may have unwanted side effects such as:

- Dizziness
- Headache
- Feelings of anxiety
- Stomach upset
- False memories.

## Things to remember

- Hypnosis is designed to induce a relaxed and suggestible state of mind.
- Contrary to popular belief, you are always in control and can't be hypnotised against your will.
- Hypnosis does not work for everyone.
- We recommend that you tell your doctor about your hypnosis treatments to help make sure you receive coordinated and safe treatment that is appropriate for you.

