

## **HYPNOTHERAPY: FREQUENTLY ASKED QUESTIONS**

### **Is hypnotherapy just a placebo?**

No. Research conducted using brain scanners has shown that a placebo activates different areas of the brain compared with hypnotherapy.

### **Will I be out of control?**

During clinical hypnosis, you are in control and can awaken at any time. This is usually the first stumbling block for most people who are thinking about hypnotherapy especially if they have issues around anxiety, control and uncertainty. But rest assured you are in control and can awaken at any time.

### **Isn't hypnotherapy just sleeping?**

Hypnosis is not sleeping. Studies looking at brain wave patterns show us that the state of hypnosis is characterised by alpha waves. Meditation, day dreaming, being absorbed in a book or music or television, driving and arriving at your destination without recalling all the usual landmarks are good examples of alpha states.

Hypnosis or the trance state is therefore a natural phenomenon and we have all experienced it already in our lives. Sleeping is characterised by delta waves, dreaming by theta waves and being awake by beta waves.

### **What happens in a hypnotherapy session?**

The initial task of the therapist is to establish rapport with the client. This involves encouraging the client to talk about his or her concerns. The therapist would spend time with the client first to take a clinical history. As well as establishing a clinical record, the discussion contributes to building trust and confidence between the therapist and the client. Feeling safe, comfortable and secure with the therapist helps the induction of a hypnotic trance.

Goals for therapy are discussed and agreed and a full explanation of hypnosis is provided. Any questions or misconceptions about hypnosis would also be dealt with.

There are many different ways of achieving trance state. Usually, you lie in a reclining chair or couch and the therapist talks to you in a slow and soothing voice.

You may be asked to imagine or visualise walking down a country lane, or stare at a fixed point or listen to the sound of the therapist's voice. Suggestions for relaxation may also be given. To deepen the trance, the therapist may count you down from 10 to 1 or ask you to imagine walking down a flight of stairs. You will feel very relaxed but still aware of your surroundings.

To return to full consciousness, which you can do all by yourself at any time, the therapist may count up from 1 to 10.

The length of treatments depends on the problem or symptom and the individual's circumstances. With some people a problem like nail biting can be successfully treated in one session. Other problems such as panic attacks can take up to 5 or 6 sessions.

In the course of the therapy clients are usually taught self-hypnosis as part of a number of therapeutic homework tasks.

The first session usually lasts one and a half hours with subsequent sessions between an hour and an hour and a half.

- *Nobody can ever be hypnotised against his or her will and even when hypnotised, people still remain in complete control of any suggestions given.*
- *The whole object of clinical hypnosis is to take back control that has been lost and which has therefore resulted in the symptom or problem.*
- *It is estimated that approximately 85% of people of all age groups will readily respond to hypnosis.*

### **Payments:**

Payment is via cash/cheque/card.

We accept Amex, Visa and Mastercard. You can pay via card remotely. We will send you a link that can be used.

### **What if I need to cancel my appointment/am late for an appointment?**

We operate a 24 hours notice cancellation policy. You will be charged the full cost of your treatment for any cancellation made less than 24 hours prior to your appointment.

#### **References**

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*Elkins, G., Jensen, M.P., Patterson, D.R. (2007) Hypnotherapy for the Management of Chronic Pain. International Journal of Clinical and Experimental Hypnosis, 55 (3), pp. 275-287.*