

# Dynamic and exciting Hypnotherapy



Location

**East Midlands, Derbyshire**<https://www.freeadsz.co.uk/x-462228-z>

Hypnosis is a deep state of relaxation during which suggestions are made to create beneficial changes in ideas or behaviour. The subconscious mind controls the involuntary functions of the body, including habits and things that we do 'automatically' - it is fuelled by our emotions and imagination and directs the energy from within. The subconscious mind also contains memories of every single thing that has occurred to us. In hypnosis the mind is very receptive to new ideas and open to suggestions which encourage more sensible, balanced or helpful attitudes to reality. In the clinical setting, symptoms associated with stress or anxiety can be helped; in such cases it is not a substitute for medical treatment, but a very useful supplement to it. Mind and body affect each other and the person as a whole in benefited by this holistic approach. For some conditions, regression techniques can be used. This may mean re-examining (without necessarily re-experiencing) events which influenced us at an earlier time in life. By bringing these memories to the surface the subconscious mind is able to discharge the negative effects and can be 'reprogrammed' for success. The number of sessions required usually varies from person to person, however most people feel some benefit from hypnotherapy immediately. We employ several methods:- Suggestive Therapy The Simplest form of Hypnotherapy is to send the client into a trance state, followed by the therapist imparting a series of 'suggestions' to the subconscious mind with a view to positively influencing thoughts, feelings and behaviours. This form of hypnotherapy is often employed in situations where there is no root cause that needs addressing, and can also be used effectively on a short-term basis to foster change in a limited number of sessions Reframing Reframing is usually done in trance and delivered as a metaphor. The purpose of reframing is to offer the client the opportunity to view their own behaviour and beliefs from a different point of view. The meaning you

ascribe to a situation depends on the assumptions that you hold about it. Different assumptions give a different meaning. This is particularly useful for changing problematic habits. Hypnotic Metaphors are a common therapy. Whenever you hold a conscious visitation to a subconscious place, change your own belief. It allows us to communicate with the subconscious mind in a shallow level and we hold ideas consciously. The subconscious will often answer in a symbolic way which be used to clear issues. Regression Regression is powerful hypnotic technique involving taking the client back in time to re-examine the record of the event that is causing their problem. Usually the client recalls some minor but significant event in childhood. In trance the hypnotist guides the client through the event again, but this time the client is encouraged to use the wisdom of their older self to either reframe the event or to change the outcome in some way. In the right circumstances regression is very

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