

# trancesolutions

## about hypnotherapy

### A little about hypnotherapy

Hello, and thank you for purchasing audio materials from Trancesolutions – New Farm Hypnotherapy. The enclosed information is designed to help you use the programs, and this will facilitate the changes you want to see in your life. Before looking at the specific material related to the program you are going to use, we have included some general information of hypnosis and ask that you take the time to read it carefully.

The most frequently asked question is "Will I act like a chicken?"... Most people's experience of hypnosis comes from stage or television, yet hypnotherapy in the clinical setting has been used for decades to help people achieve their goals.

At our clinic, clients spend most of the time in a session sitting or reclining comfortably, feeling very relaxed, while listening to the Hypnotherapist making suggestions that will them achieve the therapeutic results they've previously agreed upon.

Clinical hypnosis is a gentle experience. A person's body becomes relaxed, yet the mind remains very focused and alert. Usually you will hear all that is said, but often as though you were at a distance, observing. The next day you may not remember too much, a bit like trying to remember a dream. When you awake the details of the dream are quite vivid, but very quickly they just seem to slip away.

At no time are you out of control, if you didn't agree with something said to you while in trance you would not accept the suggestion. You are not under the control of the therapist, this is a common misconception and generally stems from TV, movies and the media.

Clinical hypnosis is widely used to assist in pain control and to change unwanted habits. Hypnosis is also used for motivation, enhancing memory and to achieve many other beneficial outcomes.

Some people are concerned that they may be "stuck" in a trance if something happened to the therapist. This is not the case. Only two things could happen. Either you would

decide to come out of the hypnotic state by yourself and you would do so, or you could drift into natural sleep and have a short rest and then awaken. In either case, it isn't a problem, and is something, I've never heard of.

Hypnosis has a long and effective history of bringing change to individuals' lives and I can honestly say that I know of no-one who has experienced trance and not had a positive and beneficial change.

The great thing about hypnosis is that the change you require can come about calmly and effectively. A lot of people who visit the clinic have tried to make certain changes to their lives for a long time; they have learnt that sheer will power doesn't always work. This is because most of our patterns of behaviour are created subconsciously. The subconscious mind is the part of the mind that is dominant during a trance experience, and, if the therapist operates skillfully, the client, who has all the resources they need to make effective change, will at that deep, subconscious level sort things out and make those changes for him or her self. When this can be achieved, then the changes created are truly therapeutic and long lasting.

#### ***Hypnosis is a natural state that we move in and out of many times a day***

Hypnosis is a natural state, one you are very familiar with although you may not know it as hypnosis. Have you ever driven from one destination to another only to arrive with no memory of parts of the journey? Most of us have, and when this happens, the unconscious mind ensures your safety, performing a learned behaviour (driving), whilst your conscious mind is engrossed in other things. During the journey, your brain waves slow to the Alpha level of 8 - 12 Hz a second. You were "there, but not there".

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Hypnosis is very similar to this state. Another common example is daydreaming. Perhaps in a meeting, lecture or at work, you have caught yourself doing this and not noticing what was going on around you. Effectively you had dropped into a comfortable trance state. This is known as natural trance and happens to all of us.

Research shows that the analytical side of our brain, the rational, logical side, operates at its optimum in 90-120 minute blocks. After this length of time we find ourselves daydreaming or lacking concentration. This is simply our brain taking a short break, refreshing itself. When this happens, the creative but less analytical part of the brain becomes dominant.

Hypnosis mirrors this; therefore, when the creative part of the brain is dominant lasting change is enabled. When you work with a Hypnotherapist, you can enter into deep states of relaxation where the conscious or analytical aspect of the mind becomes more passive. This leaves the way open for beneficial ideas or thoughts to be absorbed and processed by the unconscious or creative mind, opening the way to positive and lasting change.

Hypnosis is a safe, natural and drug-free. There are no negative side effects and you are using your own unconscious resources to make the changes that are important to you. You cannot be hypnotised against your will, and will not accept any suggestions that are contrary to your personal, ethical or religious beliefs.

In spite of what you may have heard, most people can be hypnotised. You just need to be able to concentrate. The "depth" of hypnosis is not an indicator of the effectiveness of a session. You may achieve amazing results having experienced, to your mind, only a light state of hypnosis.

### Hypnosis has been shown to be effective in many areas including :

<b>Stopping Smoking</b>	<b>Weight Control</b>	<b>Stress Management</b>	<b>Pain Management</b>
<b>Insomnia</b>	<b>Panic Attacks</b>	<b>Anxiety</b>	<b>Phobias</b>
<b>Migraine Headaches</b>	<b>Sports Performance</b>	<b>Self-esteem</b>	<b>Emotional Difficulties</b>
<b>Study and Exams</b>	<b>Improving Memory</b>	<b>Motivation</b>	<b>Bed Wetting</b>
<b>Depression</b>	<b>Changing Habits</b>	<b>Nail Biting</b>	<b>Self-confidence</b>