



Clinical Hypnosis

Trance is the state in which hypnosis takes place. This is a state we all frequently enter into in the normal course of a day while watching tv, day dreaming or driving are typical every day trance like states.

A trance is a normal, wonderful and relaxed state but tends to have no clear purpose. There are key differences between the state you go into with a hypnotherapist and an everyday trance like state.

A hypnotherapist will guide you into trance with the distinct beneficial purpose of creating personal change in your thinking, your feelings and your behaviour. Hypnosis is one of the most effective ways to create change on an emotional, physiological or behavioural level.

All behaviour, learning and change takes place at an unconscious level and therefore under hypnosis it is possible to access the subconscious mind to create positive lasting change. The conscious mind is the thinking mind or intellectual mind and the subconscious mind is the emotional or feeling mind.

As we are all emotional beings, it is our feeling mind that controls our behaviour therefore once we change the feeling it is easy to change the behaviour or habit. When we want to make changes in our lives, we often know what we need to do but have great difficulty actually doing it because what we know is controlled by our conscious mind, (thinking mind) while what we do (our behaviour) is controlled by our subconscious mind.

This is why some of our bad habits don't make sense, but they seem to take on a life of their own and will power alone is not enough to change them. This is why Hypnosis is so effective for changing habits. It enables the integration of new ideas on both the conscious and subconscious mind and creates new behaviours and habits.

Hypnosis is increasingly used as a healing tool in both conventional and alternative medicine.

Hypnosis is a perfectly safe therapy and you cannot be manipulated into doing something that you don't want to do.

Benefits of Hypnosis:

Through a combination of Hypnosis, NLP, Time Line and Life Success coaching, the following are some of the symptoms you can improve your life dramatically.

● *Improve Self Esteem & Confidence*

Two out of three people have low self esteem, High self-esteem means that we appreciate ourselves and our personal worth. More specifically, it means we have a positive attitude, we value ourselves highly, we're convinced of our own abilities, we see ourselves as competent, in control of our own lives and able to do what we want.

● *Quit Smoking*

Some people feel that they are addicted to Nicotine and believe that is why they find it so difficult to quit. Most people who try to quit smoking through willpower alone fail because quitting is a decision made consciously while the habit of smoking is controlled by the subconscious. The law of reversed effect takes over, this is where when you try to control something with the conscious mind that is governed by the subconscious mind the more difficult it becomes. Therefore a battle takes place between the conscious and subconscious mind and the subconscious usually wins as it controls 95% of our behaviour. Combining Hypnosis and NLP is proven to be the most efficient, the fastest and the easiest way to successfully free oneself from the habit and addiction of cigarettes.

● *Fear, Anxiety and Panic*

Panic and Anxiety are intense reactions to a specific stimulus or situation. They are sudden surges of overwhelming fear that come without warning and without any obvious reason. There are many different situations that can trigger off this reaction of fear, anxiety or panic and it is different for everybody. Symptoms include Fatigue, Nervousness, increased heart rate, disturbed sleep and stomach upset.

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