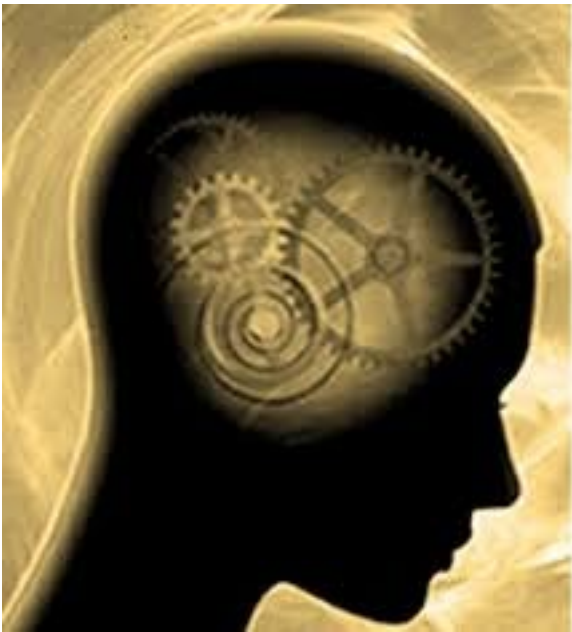


WHAT IS HYPNOTHERAPY

A brief overview;



Hypnosis, also referred to as hypnotherapy or hypnotic suggestion, is a trance-like state in which you have heightened focus and concentration. Hypnosis is usually done with the help of a therapist using verbal repetition and mental images. When you're under hypnosis, you usually feel calm and relaxed, and are more open to suggestions.

Hypnosis can be used to help you gain control over undesired behaviours or to help you cope better with anxiety or pain. It's important to know that although you're more open to suggestion during hypnosis, you don't lose control over your behaviour.

Why Hypnosis ;

Hypnotherapy can be an effective method for coping with stress and anxiety. In particular, hypnosis can reduce stress and anxiety before a medical procedure, such as a child birth.

Weight Loss

May support with reducing trends

Smoking

May support with ceasing smoking

Sports Performance

May help with relaxation and focus

Mental Health

May help with anxiety and depression

Cancer treatment ~ side effects

May help effects of chemotherapy

Behaviour Change

Treat meant may support insomnia

Pain Relief

May help burns , cancer ,child birth

Menopause

May help relieve symptoms

Confidence

May help with mind mapping "can-do"