

- Q: What is Hypnotherapy?
- A: A natural, drug free state of intense, deep relaxation and concentration, similar to the relaxed state that we experience between waking and sleeping. The person is not asleep or unconscious, but fully aware of sensations and surroundings. They are however much more receptive to therapeutic suggestions than they would be normally.
- Q: Do I lose control?
- A: You are in control at all times and are able to break a hypnotic trance at any time (just as you can stop daydreaming instantly). You cannot be made to do or say anything that you do not wish to do or say. Hypnosis is achieved and maintained by mutual cooperation.
- Q: Can I be Hypnotised?
- A: Virtually anyone can be hypnotised, some more easily than others. Cooperation, a desire to enter hypnosis and an ability to concentrate is all that is required. All hypnosis is "self-hypnosis" and requires the subject to allow themselves to drift into a trance or "altered state". Everyone has experienced some form of hypnotic trance whether as a daydream or watching TV. You cannot be hypnotised against your will or if your ability to concentrate is impaired.
- Q: Is Hypnotherapy safe?
- A: Being drug free, non-contact and because you are in control, it is perhaps one of the safest forms of therapy. There is no documented evidence of anyone ever being harmed by hypnosis.
- Q: Is Hypnotherapy effective?
- A: Dr. Alfred A. Barrios reported in the psychotherapy journal of American Psychiatric Association (Vol. 7-1), the following success rates:

*Psychotherapy - 38% recovery after 600 sessions (about 11.5 months)*

*Behaviour Therapy - 72% recovery after 22 sessions (about 6 months)*

*Hypnotherapy - 93% recovery after 6 sessions (about 1.5 months)*

- Q: How does Hypnotherapy work?
- A: In the deeply relaxed hypnotic trance state the subconscious part of the mind is best able to respond to positive suggestion and imagery. You can focus on the things you want to change and on the ways you can best do so, free from anxious or sabotaging thoughts. In certain cases, age regressive techniques may be used to access memories and uncover root causes of conditions or the deep underlying beliefs that may be preventing the desired change. If required, other techniques can assist in "letting go" and clearing emotional blockages that allow the person to move on.
- Q: What happens in a Hypnotherapy session?
- A: Each session is different of course, depending on the presenting issue, but after a personal history is taken the process begins with a conversation about the clients presenting issue. The conversation is aimed at opening up the issue, viewing it from a different perspective and discovering the clients' strengths. It is usual for half the session to be devoted to counselling. Then some strategies are outlined, and the client will be guided into a state of deep relaxation where suggestions and strategies are reinforced hypnotically. Depending on the nature of the problem, various techniques may be used to explore the root cause of the problem and to resolve the issue in a positive way (Age Regression, Ego State or Parts Therapy etc.). At the end of the session the client will return to full awareness and feels completely rested and relaxed. The first session is one- and one-half hours duration and any subsequent follow-up sessions are up to one hour long.
- Q: Is online therapy as effective as therapy sessions conducted in person?
- A: The short answer to that question is yes. As long as we both have a secure internet connection and can do each session in privacy, then online sessions are just as effective as therapy sessions conducted in person. The confidentiality and payment policies apply to all sessions.