

What is Hypnosis?



Your Local Hypnotherapist

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Healing
From
Within



What is Hypnosis?

I am frequently asked what hypnosis is. Is hypnosis a form of sleep? The answer is no. Hypnosis is a state of mind where you have focused attention. It is similar to day dreaming. It is a natural state to be in and most people have moments in this state during the day.

Do you remember a time when you were watching TV or reading a book and someone had been calling you for a few minutes and you did not notice? This is a focused attention/awareness and a state similar to hypnosis.

What does hypnosis feel like?

Hypnosis is a pleasant and natural relaxed state of mind and body. Some clients report feeling warm and heavy and others report feeling light and floaty. Each individual is different in their experience in hypnosis. Depending on your needs I guide you to light/medium levels or much deeper if required.

Will I lose control, say things I don't mean to?

You are in control at all times. You will often be aware of what you are saying and what I am saying although there are times when my voice drifts in and out and that's fine. Your subconscious mind will be listening at all times. At much deeper levels you do lose some awareness as when you are sleeping.

How do I know I can be hypnotised?

There are only a few people who cannot be hypnotised at all; usually these are people of low intelligence. The average person can be hypnotised to a level suitable for therapy. Some people are naturally able to be hypnotised and they may enter the deeper levels of hypnosis easily. Individuals who find it harder to go to the deeper levels at first can over a period of sessions be trained to go deeper, but a relatively light trance is still suitable for most hypnotic treatment. Even clients suffering from pain can be taught how to enter hypnosis easily and quickly.

Will I remember everything that goes on in the session?

This is very individual. Most clients remember the majority of what is said, but can drift in and out of full awareness; sometimes your conscious mind misses parts of what was being said, but your subconscious is listening all the time.

Are there any side effects?

From hypnosis no, often just a pleasant feeling of wellbeing. The change work that is done in hypnosis can have an affect on you. Depending on what you are seeking to improve there may be consequences of your change. You may have to buy a new wardrobe if you lose lots of weight, you may go out more if you gain more confidence and you may be healthier if you quit smoking. Hypnosis is a safe and relaxed state which is excellent for behavioural change. It is a consensual state, the therapist is a guide or coach and does not *make* you do anything you choose to enter these states if you are willing to follow the instructions. Finally if you have any further questions PLEASE ASK!