

What is Hypnosis?

Hypnosis can be defined as "A state of relaxation and heightened awareness" which is accessed via a state of "trance." That trance state is a totally natural state and something we drift in and out of numerous times each day. Have you for instance ever gone on a car journey and when you arrive cannot remember how you got there? Or perhaps found yourself day dreaming in a meeting and been unaware that somebody is talking to you? Both are examples of hypnotic trance states. The average person goes into trance states like this an average of 120 times a day.

So what is hypnotherapy?

Hypnotherapy is the treatment of unwanted psychological or emotional issues, habits or behaviours that are having a negative impact on your life. By helping you to access the subconscious mind I will help you resolve and rid yourself of these damaging issues.

Who can be hypnotised?

Pretty much anybody who is willing, wants and allows themselves to be with two notable exceptions, the very young and people with severe mental illness.

Will I be under your power?

Absolutely not! You will be aware of everything that is going on throughout your hypnotic experience and will remember everything that happened during the hypnosis when you come out of the trance state. You cannot be made to do anything you do not want to do and are in total control at all times. Remember hypnosis is a "state of heightened awareness", you are actually more aware of what is going on around you.