

## **Frequently Asked Questions**

### **What is it exactly that you do?**

The simple answer is that I help people move forward in their lives. Often clients come with something they want to change and begin on a journey of personal development. One thing will often lead to another – almost like moving through a number of doors. I have a holistic approach and encourage clients to find things out for themselves as well. They tend to come back to see me when they hit new challenges on their life's journey.

### **What does it really mean to hypnotise someone?**

Hypnosis is an altered state of mind. People often joke about being in a trance when their thoughts are somewhere else. When we use hypnosis in therapy, we begin by helping the conscious mind to relax and then this allows the unconscious mind to become accessible and we can do our change-work. The person receiving hypnotherapy is not unconscious, just in a state of deep relaxation.

### **What does hypnosis actually achieve?**

Hypnosis can be used in a variety of therapeutic ways. Our minds record everything that happens to us. Most of the things we have difficulties with are stored in the unconscious. During hypnosis we can work at changing the negative neural pathways in our brain to work more positively. In a figurative way and put very simply, we can update our brain files with new versions. This in turn affects the whole of our being and brings freedom and healing.

### **I paid a lot of money to see a hypnotherapist a couple of years ago and I didn't feel comfortable with some of the questions I was asked.**

All professional therapists will take a history before treating anyone, and part of that is the need to ask questions. It is important to feed back to the therapist if you are uncomfortable about something because it can prevent misunderstandings. Feeling comfortable is a matter of rapport and sometimes you will not feel attuned to a particular therapist. I always have a telephone conversation with clients at the outset to establish if we can work together. It is only fair on either side.

**What kind of problems can you help with and do you specialise?**

Our training covers a wide variety of problems and situations, however, most therapists do tend to gravitate to certain types of treatment. I tend to find I do a lot of emotional work but that in itself can be anything. I have an open mind and go by instinct. I do have a special interest in helping people reinvent themselves and find their true destiny.

**Have you ever turned anyone away?**

Occasionally if I feel that I am not the best person to help someone I will refer them to a colleague or another therapist. It doesn't happen very often.

**My friend says she had hypnotherapy and it didn't work. Why would this occur?**

It can happen for a number of reasons. Perhaps she did not feel comfortable with the therapist, or maybe she was not quite ready to deal with that particular situation in her life.

**Is the treatment permanent?**

If the person really wants to make a change in their life and the therapist has the experience to help them, then the answer is YES.

**How many sessions do people generally have?**

This varies and depends largely on the problem and the individual. The average number of sessions is three. Please read my client stories for examples of the type of treatments that people have.

**What kinds of hypnosis treatments are available?**

There are many techniques, old and new. There are probably as many techniques as problems. The important thing to note is that you need to find a therapist who is qualified, insured and a member of a Professional Association, and someone you feel comfortable with.

**Can anyone be hypnotised?**

Yes – if someone has difficulty in responding it is usually because they do not really want to be there or they are not comfortable with the surroundings or the therapist. Often I find clients will be a bit nervous on the first occasion and then I will do things gradually and work more deeply as trust between my client and me deepens.