

Hypnotherapy

Q: What is the difference between hypnosis and hypnotherapy?

A: Hypnosis is not a therapy in itself. Rather, a therapy is conducted in hypnosis, which is known as Hypnotherapy. Hypnosis is a mental and physical state, which can help clients use positive go-forward suggestions, break habits, cure phobias and enhance performance. Hypnotherapy is a treatment that is based on the premise that the mind and body do not work in isolation. By assisting the client into a hypnotic state, the therapist aims to trigger the body's mental and physical self-healing processes that lie in the subconscious.

Q: Can everyone be hypnotised?

A: *Yes, as long as they want to be hypnotised. It's just a natural state after all. The most important thing is for you to feel comfortable, therefore it's important to ask any questions you may have about hypnosis.

*I am unable to help you if you have psychosis or bipolar.

Q: What does it feel like to be hypnotised?

A: Everybody's experience is slightly different. However, a hypnotic state is generally a relaxing experience. Hypnosis is a state of focus and awareness, where you use your imagination to resolve any issues you are holding onto.

Q: Will I lose control?

A: Hypnotherapy does not cause you to lose control. You cannot be made to do anything that is against your belief system. You are aware at all times and in control. You can open your eyes and come out of hypnosis at any time you wish. It is a cooperative process, where we work together to get the results that you want.

Q: Can Hypnotherapy be dangerous?

A: Hypnotherapy is not dangerous. It is a totally natural state, you naturally engage your subconscious mind every day. The hypnotist does not control you in any way.

Q: Will I remember what happens during hypnosis?

A: You will be able to speak, answer questions, and recall events that your conscious mind may have forgotten. You will be able to remember everything you 'see' or think while in a hypnotic state.

Q: What can I expect from Desire for Change?

A: Privacy and confidentiality. None of your personal details will be passed on to anyone else, without your permission. Furthermore, strict confidentiality is a requirement of my professional association.

Guidance from a qualified therapist in achieving a state of change while continuing to be aware of your surroundings and be in complete control of your thought impulses. I use an eclectic style using hypnosis, Kinetic shift, Neuroencosing and NLP (Neuro Linguistic Programming and Neuroencoding).

Before your sessions, I will check your readiness for change. You will be sent an appointment confirmation letter including my Terms of Business.

Q: I'm a bit nervous about hypnosis. Can you reassure me that it's ok?

A: Absolutely, I understand that you may be nervous about hypnosis, I was the first time. The main thing to remember is that hypnosis is a natural state that you actually go in and out of every day! If you are uncertain about what it's going to be like, then I invite you to arrange a free initial telephone or Zoom consultation, where we can discuss your reasons for looking at hypnotherapy and answer ANY questions you may have.

My approach is client-focused and I will help you feel at ease. I am more than happy to answer any question about hypnosis and I hope it will remove a lot of the 'mystery' surrounding hypnosis for you.

Q: Can I be made whilst in hypnosis to do something against my will?

A: No, your beliefs and consciousness are still there. Some people feel concerned about this if they have seen a stage hypnotist in the past, but that is a completely different thing. These participants are aware and willing to act this way. The thing to remember is all hypnosis is self-hypnosis.

Q: Will I fall asleep during hypnosis?

A: Hypnosis is not sleep, however some clients may feel like they nod off just for a brief moment, which in reality is just a deep hypnotic state. If they feel they do, it doesn't matter as their subconscious mind will still be listening.

Q: I've dieted in the past, but can't keep the weight off. Can you help?

A: Yes. The problem that many people have when they diet is when they stop they put the weight back on (and some). The main reason for this is that they haven't uncovered the reason that they overeat.

Overeating is often associated with emotional issues that are still there after you have dieted and it is these emotional issues which contribute to putting the weight back on. Using hypnosis, I can help you uncover the emotional issues which were producing this effect. Therefore, you will not be emotionally overeating, which will enable you to keep the weight off.

Q: I've tried to stop smoking before, why will your approach work?

A: My approach can transform the way you think about negative habits, like smoking. You will be able to find a solution to the subconscious causes of your addiction and confidently create lasting change. My holistic approach will help you positively reprogramme your behaviour and let go of your desire for smoking.

Q: I've given up smoking before, but have gone back to it. Can hypnosis change this?

A: Yes it can. I can help you find out why you have gone back to smoking in the past. Often, people who stop smoking by willpower alone, experience problems like withdrawal symptoms and can even go back to smoking, simply because the reasons that they gave up smoking were not strong enough or tangible enough.

A large part of my smoking cessation sessions is devoted to exploring with the client their reasons for wanting to stop smoking. We then go on to discover reasons for stopping smoking which are strong enough and

tangible enough. Therefore, the most important part of this process is your desire for change.

Q: What happens in the free initial consultation?

A: In order for me to assess how I can help you and you can find out more about hypnosis, I offer a free, no obligation and completely informal 30-minute consultation over the phone or via Zoom. We can arrange this consultation at a time that suits you and can be booked via my website. Also, there is never any pressure to go ahead with hypnotherapy sessions, it is totally up to you!

Q: How many sessions does it take?

A: I initially work on a 2-session basis, each session being approximately 1 week apart. There are several reasons for this; you can't have an addiction (i.e. food or smoking), or a problem or fear for years and expect an hour later it will be totally cured. Hypnosis is not a miracle cure, however with a strong desire for change, my eclectic approach and the support of a 2 session programme it's highly effective. You will also receive a free mini-course with hypnosis, meditation, affirmations and Emotional Freedom Technique. Most clients get the results they want with 2 sessions and using the techniques in the mini-course. If your issue is complex you may need more sessions. If I feel you will need more sessions we will discuss this in your free initial consultation.

Life can cause us stress, and we can hold onto events that happen in everyday life. Therefore I suggest that every 3 months clients book a session to let go of what is holding them back to maintain the feelings of confidence, happiness and calmness.

Q: What if I cancel my session?

A: Any appointments cancelled with less than 48 hours notice will be charged at the normal session fee.

For cancellations with more than 48 hours notice, your appointment will be rearranged free of charge.

Q: What happens if I am late for my session?

A: Unfortunately due to other clients if you are late for your session it will eat into your session time. Please make the appropriate arrangements to ensure you are on time.

Q: What can hypnosis be used for?

A: Hypnosis can be used for: stress and anxiety relief, weight loss, quit smoking and vaping, phobia and fears, letting go of the past, sleep issues, boosting confidence and self-esteem, managing grief, alcohol or sugar control, IBS and pain relief, exam or presenting nerves, and so much more!

Q: How long are the sessions and what are your charges?

A: Your initial consultation is 30 minutes and is FREE of charge.

Sessions are £125 each at Bradfield Sports Complex or via Zoom. As mentioned, I work on a 2-session basis. Payment for both sessions is required 24 hours before the first session. Each session is 50 minutes. You will receive a free mini-course after your first session, which includes hypnosis audio, tips on how to get the most out of hypnosis and how to use Emotional Freedom Technique (EFT).

My stop-smoking package is £495, which is roughly the same amount it costs you every month if you smoke 20 cigarettes a month. It also includes my free mini-course and email/text support for a month. Also a free top-up session online if required. You have nothing to lose and everything to gain! Contact me to find out more about how YOU can become a non-smoker and more about my stop-smoking package.