



Nable Potential

Hypnosis and Hypnotherapy

What is it?

➡➡➡ Hypnotherapy has been a part of the world and used for healing for centuries even as far back as Ancient Greece. It is in fact a part of our daily life. Examples of such moments of hypnosis include being completely absorbed by a good book, daydreaming, completing a part of your daily journeys on 'auto pilot' or those moments on the way to sleep where you have relaxed thoughts and feelings and an awareness of the world around you but you just let it be. You are not asleep in hypnosis, it is described as a trance or hypnotic state where you are able to focus and concentrate in an inward way.

Is it safe?

➡➡➡ Hypnotherapy is safe for the vast majority of people in the world today, whether child or adult. However of course, your therapist will check with you in your first meeting all aspects that may present as contraindications. After all your therapist is there to support you in the best way for you. There are some circumstances where a doctor's letter maybe needed but your therapist will be able to discuss this with you and make a plan going forward that is personal and unique to you.

What is it used to treat?

➡➡➡ Hypnosis and hypnotherapy can be extremely effective in, but is not limited to:

- Low self-esteem
- Recovery from sexual abuse
- Panic disorders and attacks
- Generalized anxiety disorder
- PTSD
- Specific phobias and Social phobia (social anxiety disorder)
- Obsessive-compulsive disorder
- Substance abuse and dependence
- Procrastination and Self-Sabotage
- Impulse control disorders
- Grief and loss
- Managing major life transitions
- Marital and relationship issues
- Chronic or severe stress
- Coping with health issues (e.g. a psychiatric disorder, chronic physical illness or condition, physical disability)

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How should I feel after a session?

➡➡➡ Some clients remember the session word for word; other clients do not remember anything. Many find they feel relaxed, rested, refreshed and positive with a noticeable difference in their mood.

Will it work after just one session?

➡➡➡ Your subconscious mind processes information extremely fast and some individuals do find benefits from just one hypnotherapy session however, this is very dependent on your reason for going in the first place. Most clients benefit from between 4 to 10 sessions depending on the tailoring of their program, use of hypnotherapy recordings and self-hypnosis in their owntime. Everyone is different and your therapist will guide you.

What if... My mind wonders?

➡➡➡ Often clients find in their first couple of sessions this can happen; Let it! This is your conscious mind and your hypnotherapist wants to work on your subconscious mind so do not be upset with yourself or hypnotherapy is not working.

What if... I don't remember what you said in the session?

➡➡➡ This is perfectly normal too! Your hypnotherapist will discuss what happened during the session and in some personalized programs you will receive instructions explaining how to complete self-hypnosis at home and/or a recording to help support you in your own time.

What if... I don't like something they said or a technique they used?

➡➡➡ This is an excellent point. In order to glean the most from your hypnotherapy and ease your reason for seeking it, it is important that if you feel your therapist used a word, phrase or method you did not like or brought up difficulties for you, you share this and discuss ways forward. Your therapist will not be upset or offended; after all, they want you to get the most out of an amazing therapy too!

What if... I don't feel like I am making progress?

➡➡➡ This is a valid point. Sometimes this can be down to the reason you have sought support, for example if it is a complex topic or it has been a long-term difficulty. Whether you feel this is the case or not for you, do talk to your therapist who will help you understand what may be going on and, with you, formulate a progress plan.

