
Common questions about hypnotherapy...

1. Can I be hypnotised?

If you want to be -- no-one can be hypnotised against their will. Virtually everyone can be hypnotised and there are different techniques that can be used to hypnotise people. I will employ the ones that will suit you best. Those who are unlikely to be able to be hypnotised are people with learning disabilities and those with certain mental health problems.

2. Will I be “out cold” when hypnotised and not know what is happening to me?

No. When hypnotised you will feel very deeply relaxed, but you will also be aware of what is going on around you. You'll hear sounds and know where you are, but you choose to ignore them as you relax. If you did need to become alert at any point, you could as you are always in complete control.

3. Will I have to give up control and tell the therapist more than I want to once I'm hypnotised?

No. You will stay in control of what you say and do throughout the whole session – even when hypnotised. Don't be put off by what you might have seen on stage or TV – the participants there are willing to do what they are asked and are aware of the need for them to be entertaining. At no point is hypnotherapy like that.

4. What does it feel like to be hypnotised?

Lovely – my clients very often tell me that they have never felt so relaxed. During hypnotherapy you will be in a peaceful state in which your body is relaxed and your mind is attentive to the therapist's voice. While hypnotised you can tune out what else is going on around you and relax deeply.

5. How will I be after a session of hypnotherapy?

You will feel very relaxed. You will find that you can feel calmer and that the changes you are seeking can take place without the need for a battle of will power, or negative self-talk that might have been there before. Hypnotherapy is a gentle process that works with your real desires and goals and so enables you to deal with a problem in a way that feels natural to you.

6. Will I be given the opportunity to explain my issues fully with the hypnotherapist and discuss my experiences and progress every session?

At Getting You There, each session will include some time for you to explain how your problem affects you and, in further sessions, to describe the experiences and progress you have made since your last appointment. This enables the hypnotherapy to be tailored to your specific needs and to build on the progress made at each session.

7. How many sessions will I need? How will I know when to stop?

It is impossible to guarantee how many sessions a client will need – each person's experience of a problem is unique to them and some problems will be more deep-rooted in some people than in others. In most cases it will be possible to give you a likely range of numbers of sessions for some problems – for example, most phobias can be treated in between 1 – 3 sessions, whereas more complex emotional problems such as depression or anxiety can take longer. This will always be discussed with you at the first session and reviewed at any further sessions.

Each session will include a review of your progress against your own goals for success. **As a member of the National Council for Hypnotherapy, I am committed to treating each client in the minimum number of sessions possible.**

8. How can I get maximum benefit from my sessions?

You will receive a CD containing a recording of a hypnotherapy script specific to you. By listening to this as often as possible between sessions, you will reinforce the suggestions and messages and so boost the effect of each session.

9. Isn't it all just a case of telling me what to do while I relax?

Not exactly! Each script I use will be crafted in a way that gives your mind suggestions both directly and indirectly using language in a way that gets your subconscious to take them on board. This can involve using metaphors or stories from which your subconscious can take powerful messages. Other techniques involve using imagery and your own experiences to open up your mind to find the correct solutions to your problem.