

## FAQ

### Frequently Asked Questions

#### **What is Hypnosis / Hypnotherapy?**

#### **Is Hypnosis dangerous?**

#### **Who can be hypnotised?**

#### **What does it feel like to be in Hypnosis?**

#### **Is it like stage Hypnosis?**

**What is Hypnosis / Hypnotherapy?** Hypnosis is a natural, safe state of mind. Although sometimes mistaken for the sleep state, it is actually an altered state of mind where the individual is generally consciously aware of what they experience. It is sometimes known as a focused awareness. Hypnosis allows the therapist / client to communicate with the deep, inner parts of the mind (known as the unconscious / subconscious mind). This communication can help alleviate many types of problems including behavioural and emotional problems. Hypnosis is a completely natural state to experience. Hypnotherapy is where a professionally trained therapist helps a client systematically go safely into this state. Once in this state psychotherapeutic intervention can be more effective.

**Is Hypnosis dangerous?** With a professionally trained therapist there are no dangers in hypnosis. It is impossible to get 'stuck' and although there is a common belief that 'secrets' will be divulged, this is not true. The therapist has no power to control the client and the emphasis is on guiding the client during therapeutic work.

**Who can be hypnotised?** We believe that anybody can be guided into a state of therapeutic hypnosis as long as:

- \* The therapist has sufficient skill
  
- \* The client has the sufficient motivation to enter the state (i.e. wants to be hypnotised)
  
- \* The client is an appropriate candidate for hypnosis

All that is really needed from the client is the ability to concentrate and the willingness to work with the therapist.

**What does it feel like to be in Hypnosis?** There are no specific feelings that let you know you are in hypnosis, however, generally people feel deeply physically relaxed. However, although the body is deeply physically relaxed the mind is generally more alert and sensitive and the individual is aware of what they experience.

**Is it like stage Hypnosis?** Therapeutic / Clinical Hypnosis is completely different from stage Hypnosis. Stage Hypnosis is used for entertainment purposes and is for the benefit of the audience whilst Therapeutic / Clinical



Hypnosis is used to help people with a wide range of problems in a way that is safe and appropriate, for their benefit.