

Trevor Wales Hypnotherapy Solutions

Helping you to be the best that you can be

Welcome to the world of Hypnotherapy

What is hypnosis?

Hypnosis is a naturally occurring state, we enter into this state when watching an interesting TV programme. We also enter into hypnosis when going to sleep. Hypnosis may be best described as an absorbed state of mind. There is no such thing as a 'hypnotised feeling' and the depth of trance lies with the subject. Hypnosis is nothing more than a tool; however a very specialised one that on its own can do nothing until it is put to work. On its own hypnosis produces a wonderful state of deep relaxation that can leave one feeling refreshed, relaxed and calm.

So what is Hypnotherapy?

Hypnotherapy is a combination of hypnosis and therapy. Hypnotherapy is a skill which uses the tool of hypnosis in the administration of the many various forms of psychotherapy. Hypnotherapy does not use drugs of any kind. It does not rely on the clients intellect to make it work (or the therapists). It is a two way street however between the client and the therapist. Like all forms of counselling, psychotherapy and psychiatry, it is based around the conscious process of thought. However, because it is conscious work, the conscious mind can often hinder its process. This is where the art and skill of hypnotherapy can be brought into play. The hypnotherapist approaches the subconscious part of the psyche, helping the client at a level where conscious thought cannot interfere for good or bad. It is because of this change to the thought process that a client may be released from a limiting habit or that a beneficial change may be brought into their lives such as letting go of limiting beliefs about themselves for example.

Hypnotherapy- What can it be used to treat?

The list is virtually endless. However, here is a list of some of the most common treatments.

- Anxiety
- Breaking bad habits etc.
- Confidence building/ low self esteem
- Creativity and tenacity
- Exam nerves
- Enhancing athletic performance
- Enhancing learning ability
- Improving relationships
- Motivation and concentration
- Object phobias (Frogs. Snakes. Spiders. etc)
- Public speaking
- Quit Smoking
- Sexual activity
- Social phobias (Fear of enclosed spaces, open spaces and crowds)
- Weight management

Hypnosis can also be sometimes used to regress a subject to a previous point in their lives to recall a set of circumstances or a situation so that the therapist may gain an understanding of the underlying cause of the problems affecting the clients quality of life and work out a course of suggestion therapy to overcome the blockage that is causing the difficulty, thereby producing a fundamental long term improvement to the clients quality of life over a period of a number of treatments.

It is worth pointing out that like any course of medical treatment, that hypnotherapy is not always successful in all cases; although the vast majority are. Successful treatment relies as much upon the attitude of the client as upon the ability of the therapist and there are many lessons to be gained both in the successful treatment of a client as there is in an unsuccessful course of treatment where there appears to be no improvement at all at the end of the treatment.

What Hypnotherapy cannot do and what it is not

Hypnotherapy is not a state of sleep or unconsciousness; neither can it change a person's basic underlying personality, or repair congenital or genetic problems. It cannot achieve anything that is physically impossible (like growing new body parts), although it may extend useful and enjoyable life. Most importantly, it cannot achieve anything that the client actively resists happening.

How does hypnotherapy work?

During hypnosis the gateway to the subconscious mind is opened and this is where the skilled therapist can help facilitate positive, beneficial, long term change through constructive suggestion therapy.

The combination of hypnosis and therapy is a tremendously powerful tool that can be used in so many beneficial ways.

Before any improvement is possible though, the first thing that must happen is for the client to identify their challenges and want to do something about it.

What are the benefits of hypnotherapy?

The benefits of hypnotherapy are varied. It is principally used in creating a reduction in anxiety in subjects. For e.g. Hypnosis is being used in modern day dentistry in reducing fear and anxiety and in controlling pain.

Hypnotherapy can be used to help eliminate negative, destructive habits and behavioural traits turning into positive, empowering lifestyle changes that may bring about major improvements in the quality of one's life experiences. It can be used for example to help quit smoking, or to have more confidence, or motivation, or help lose weight. It can be used to help improve memory and recall or enhance creativity. Hypnotherapy can be used to treat Fears, Phobias, Panic attacks, Management of pain, for e.g., Chronic Pain or Fibromyalgia. Rheumatism and Arthritis. It can be used to treat Insomnia, Gambling addictions, Obsessive compulsive disorder; the list of treatments is almost endless. Possibly one of the most widely treated problems especially in the current economic climate is Stress

management, which can go hand in hand with gastro intestinal problems such as IBS etc. Hypnotherapy has been successfully used to treat all manner of problems that can afflict the nervous system, such as:-Exam nerves, Driving test nerves, Stammering, Stuttering, Dental phobias, Fear of flying, public speaking.

Hypnotherapy can also be used to overcome habits such as persistent nail biting and other embarrassing bad habits. It can also be helpful in the successful treatment of emotional or psychological problems.

How long does it last?

Hypnotic suggestion is effective in the mind for as short a period of a couple of days or as long as several weeks. Each person responds differently. Sometimes the change can be instantaneous and achieved in just one session, sometimes depending on the complexity of the presenting problem several treatments are needed to produce a lasting change. But, the change can last a lifetime.

Overall Hypnotherapy is a very powerful beneficial tool that can facilitate all manner of positive improvements that one may wish to make in one's life. However it is a fact that many people are still scared of using hypnotherapy and it is this area that we will go on to explore next.

Exploding a few myths

Are you one of the countless thousands of people who have thought about using hypnotherapy to improve an area of your life or resolve a persistent personal problem that just seems to hold you back from where you want to be in life? But you have held back because of fears such as getting stuck in hypnosis or of being made to do something against your will? Or perhaps you have friends who have told you that it just doesn't work?

Well, the first thing I want to talk about here is exploding the myths about hypnotherapy. Naturally lots of people understandably harbour many fears and doubts because of adverse press coverage about hypnotherapy that has appeared in the media over the years.

There have been all sorts of stories that have openly stated how some people's lives that have used hypnotherapy have been damaged as a result of hypnosis. Stories such as people getting stuck in a permanent sleep state or becoming permanently dysfunctional in some way. Well I think it is important to explode these myths, because it is exactly what they are.

Can you get stuck in a hypnotic trance?

It is a fact that you cannot get stuck in a hypnotic trance. The worst that can happen is that you may fall asleep and will either awaken when prompted or awaken in your own time.

As noted earlier in the section '[What is hypnosis?](#)' On its own hypnosis is a naturally occurring state that produces a deep state of relaxation where the conscious mind is by passed, which leaves a doorway open into the subconscious mind. This is where the skill of the hypnotherapist comes in identifying and carrying out the therapeutic treatment that the patient needs on their journey to overcome their problem or make those lasting beneficial changes that they have decided to take action on such as [stopping smoking](#) or [weight loss](#).

Can I be made to do something against my will?

The simple answer is absolutely not!

Another myth and one that understandably carries a great deal of power within it is the belief that anyone can be made to do whatever the hypnotist wants whilst the subject is under hypnosis. Some people mistakenly believe that hypnosis is some kind of spell; it is not because it is a naturally occurring state. We have all been given some kind of idea through the medium of film and TV that it is possible to take someone's mind completely over and have them do some sinister person's evil bidding. Nothing could be further from the truth.

There is an important factor to understand here. The fact is that the subconscious will only comply with a suggestion or suggestions that are within the subject's moral code of ethics or deep seated desires. In other words, the subject has to have the **desire** to participate in the first place or to **want to change**.

For hypnotherapy treatment to be successful the patient needs to understand that hypnotherapy is a two way street. If the patient believes that the change they seek is desirable on their own terms then the outcome of a successful and permanent change is greatly enhanced. In Hypnotherapy circles there are many testimonial articles to prove that this is so

What about stage hypnotists?

Well, what about stage hypnotists? I hear you ask.

Stage hypnotists usually are either very good at identifying highly suggestible subjects from their audience who would most likely be willing to participate in the first place and want to be hypnotized and willing to accept the suggestions that the hypnotist makes or the subjects are pre-screened. This is exactly why people can appear to perform outlandish antics on stage that they would never ordinarily do. Remember, that stage hypnotism is all about creating an illusion and creating highly absorbed interest from the audience and presence. Stage hypnotism is nearly always based on the process of distraction and sleight of hand. Nearly all stage hypnotist shows are very cleverly highly orchestrated pieces of entertainment. The world of the stage hypnotist is totally different to the world of hypnotherapy; however the two are often confused by association.

I don't think I can be hypnotized?

Well what about the possibility of not being hypnotizable?

Some people, by their nature are more suggestible than others and some are very resistant. Quite simply the decision rests with you and is relative to your belief system too. If you decide you don't want to be hypnotized then you won't. However, if you are willing to try but are quite a nervous or reserved person and think you might find it quite hard to be hypnotized a good therapist will recognise this factor and will be able to work with this.

A hypnotherapist that is well trained will know how to read their clients requirements and be able to select the best induction process to match your personality. Of course, it does help if your enthusiasm, belief and willingness to trust are quite high to start with, as these factors can only enhance the likelihood of a successful outcome

The relationship with your therapist is about mutual trust and placing your trust in the therapist's hands. There are some situations where a subject is so resistant in letting go that can make it very difficult for the hypnotherapeutic process to begin, no matter how much the client may want to begin. However, there are also ways that the very skilled therapist can achieve a rapid trance induction in by-passing the conscious mind without the subject being aware or needing to go through the usual quite lengthy process of trance induction. However, and this is very important; a good ethical Hypnotherapist will never do anything without discussing the courses of action first and without your express agreement.

We may **think** that we cannot be hypnotized and believe that it may be quite impossible for us to experience this state. However we all enter this state involuntarily when we are in the act of doing something quite automatically such as watching the TV or driving the car, mowing the lawn, or on the edge of sleep.

Ask yourself this question. How many times have you driven somewhere and arrived at your destination and wondered how it was you arrived there? We have all done this and we often think of other things as we are driving, we are in fact in a daydream state and the subconscious has taken over the automatic function of driving because the very action of driving over a prolonged period has become a habit and is something which is now second nature and ingrained in our subconscious behaviour pattern. However if any emergency situation develops this is when the conscious mind rapidly kicks in, allowing us to take whatever corrective measures may be necessary.

So you see we are capable of being hypnotized because we do it every day without realizing it.

I'm not sure if hypnotherapy will work for me?

Let's explore this idea a little more

Take stopping smoking for example. If you decided that you wanted to stop smoking and you embarked upon a Quit Smoking Treatment Program, you will be much more likely to [successfully quit smoking](#) if you are also prepared to [believe you can](#) and that you are willing to [take effective action](#), say in learning about the hazards and health consequences of continuing to smoke, than say if you were badgered into giving up by a friend / family member and you didn't really wish to stop.

It is worth repeating again. It is very important to realise that hypnotherapy is a two way street and you the client have to play your part in creating a successful outcome. The first step is to believe that change is desirable. The second step, that is to believe that it is possible. The third step, to seek out a good therapist who can facilitate making the change you want to happen

As a general point of interest, there is absolutely no obligation for any hypnotherapist to belong to a professional body or to cover themselves with any form of Professional Indemnity Insurance. The fact that a good therapist takes the trouble to provide insurance and belong to a professional body can be taken as a measure of professional commitment both to the clientele and to the therapist themselves.

.* The General Hypnotherapy Register is the country's largest professional body representing Hypnotherapists

What kind of relationship can I expect with my therapist?

Most importantly your therapist must demonstrate the ability to establish good rapport from the outset with a good ability to listen and answer questions and to calm any fears, concerns or worries. Your therapist should exercise a strong desire to help you the client achieve your objective if it is for your greater good.

Your therapist should also have excellent empathic skills and have your best interests in mind at all times. Your therapist should also explain everything to you in a very clearly understandable manner and seek your agreement on the most suitable course of treatment for you.

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