

Hypnotherapy Pre-Talk

Before the initial session of Hypnotherapy it is beneficial to explain what hypnosis is and how it works. This will give you a clear understanding of how your mind works and how it prepares to change using hypnotherapy.

Please read the following:

So, why hypnotherapy?

Effective for Various Issues: Hypnotherapy can address a wide range of issues, including anxiety, stress, phobias, habit changes (like smoking or overeating), pain management, and boosting self-confidence.

Natural and Non-Invasive: Hypnosis is a natural state of consciousness that involves deep relaxation and focused attention. It is non-invasive and does not rely on medications, making it an appealing choice for many individuals seeking alternative therapies.

Access to the Subconscious Mind: Hypnotherapy provides access to the subconscious mind, where many of our thoughts, beliefs, and behaviors are formed. This access allows for deeper exploration and understanding of underlying issues that may be impacting one's life.

Promotes Relaxation: The relaxation techniques used in hypnotherapy can significantly reduce stress and anxiety levels, promoting overall mental and emotional well-being.

Empowering: Hypnotherapy empowers individuals by helping them tap into their inner resources and strengths. It fosters a sense of control over one's thoughts and behaviors, which can be particularly beneficial for those struggling with self-esteem or self-doubt.

Safe and Supportive Environment: Hypnotherapy is conducted in a safe and supportive setting, allowing individuals to feel comfortable exploring their thoughts and emotions without judgment.

Potential for Rapid Change: While results can vary, some individuals experience quick and significant shifts in their thoughts and behaviors with hypnotherapy, making it an appealing option for those looking for effective solutions.

Holistic Approach: Hypnotherapy takes into consideration the mind-body connection, making it a holistic approach to addressing mental and emotional well-being alongside physical health.

By choosing hypnosis, individuals may find a unique and effective way to address their challenges, gain insights, and foster personal growth.

Myths & Misconceptions

Many people get their ideas about hypnosis from television, books or the movies. While this can be good entertainment and make for good stories, they are often inaccurate. Many misconceptions about hypnosis are due to the fact that the term “sleep” is often used when discussing hypnosis. Hypnosis is not sleep but because many times, people experiencing hypnosis are very, very relaxed, it may outwardly appear like sleep. One difference is – in a hypnotic state – you can think clearly. You are actually more alert during hypnosis than you are in your normal state. This is due to your senses being heightened and the subconscious mind is super alert. You are more focused and alert. While in hypnosis, your morals and ethics remain intact. In other words, you won’t do anything against your will. You can reject or accept suggestions – it’s your decision. You are very much in control. Scientific experiments have proven that, if someone were to give you suggestions that you disagreed with, you would simply reject them.

Some ill-informed people think it’s possible to become stuck in trance. In fact, if someone hypnotised you and then left the room for a length of time in the middle of a trance, you would simply continue to relax for a few moments and then choose to

emerge when you felt like it. In hundreds of years of hypnosis this has always been the case.

Because hypnosis is not truth serum, people can lie while experiencing hypnosis. In hypnosis, the psychological “Law of Self-Preservation” is in effect. You can control what you choose to say. So while in a hypnotic trance you won’t “spill the beans” or tell your secrets. You cannot do or say anything you do not want to say or do.

Some people believe that in order to be hypnotised you must have a weak mind. Nothing could be further from the truth. Because hypnosis is not a contest of willpower, a highly intelligent, strong-willed and imaginative person can make a great hypnotic subject.

Many people think that in order to experience hypnosis, they must become unconscious. This is probably the most common misconception about hypnosis. In hypnosis, you are aware and can hear clearly, in fact, hypnosis is a state of increased awareness. In a trance state your hearing may be sharper, you may feel subtler sensations and your imagination and memory are enhanced.

Naturally-occurring hypnosis

Hypnosis is a natural state, in fact, we are in hypnosis many times each day. We pass through hypnosis on our way to sleep and when we wake up each morning. So when people ask; Can I be hypnotised? The answer is; You already are!

These are some other times in which people experience hypnosis naturally. If you’ve ever woken up, feeling very relaxed but not needing to be anywhere and thought something like “Maybe I’ll get up and brush my teeth,” but your body is too relaxed to move, you’ve been experiencing hypnosis. Becoming absorbed in a good book or movie is experiencing hypnosis. Driving on long trips on automatic pilot is known as highway hypnosis. Becoming bored or allowing your mind to drift away leads to hypnosis.

Becoming extremely engaged in something and allowing your mind to focus means that you are experiencing hypnosis. Because of the rhythmic sounds and swaying, riding on the train is often a highly hypnotic experience.

Hypnosis is a state in which you can think clearly and your imagination is active. It's a state where you could move if you wanted to or if there were an emergency but you would rather just remain delightfully relaxed. It's a state in which beneficial ideas can more quickly and easily gain access to the inner mind. And because we all experience trance each day, we can understand just how safe it is.

What Is Hypnosis?

We all have a conscious mind, and what some people call either a subconscious or an unconscious mind. Hypnosis deals with your subconscious mind, or your inner mind. Your conscious mind is responsible for logical, analytical, linear thinking. This is where you are for most of your time. Imagine your mind was like a computer. The screen would be like your conscious mind and this is where you would see and be aware of what is occurring.

The hard drive is the subconscious part and this is where the programs are running which command the conscious mind or the screen. If there is no program running there is nothing on the screen. Whatever programs are currently running will always operate until you update the program and then the old program no longer exists as a new one has taken over. Much the same way as reprogramming the subconscious mind which in turn gives the conscious mind new ideas, behaviours and motivations.

Though our belief systems and behaviours reside in the inner mind, the conscious mind is responsible for guarding them. So, when someone tells you something that you think is not true, your conscious mind may reject the idea or suggestion. This is like Anti Virus in a computer.

Your inner mind is more symbolic and holistic in nature. Emotions are the domain of your inner mind as are perceptions, habits, beliefs and automatic bodily functions such as breathing and digestion.

Oftentimes we learn something consciously, then the inner mind takes over that learned behaviour. So behaviours that we once learned step-by-step, like tying our shoes, are now second nature or automatic, unconscious behaviour. These are things we've learned to do so well we don't have to think too much about them.

Habits are another example of this automatic behaviour.

And what about ideas that our conscious mind accepts? Once an idea is accepted by the conscious mind it can pass through to the inner mind. Once accepted by the inner mind, the mind behaves as if it is true. If the conscious mind is willing to play along, is not paying attention, is in shock or is not yet fully formed (as in the case of a child) new ideas can establish themselves in the inner mind. This is why it is so important to be positive with children.

So, in order to get new, beneficial ideas to be accepted by the inner mind, we can relax the conscious mind and communicate directly with the inner mind. If this idea is accepted by the inner mind, the whole mind is focused and tuned in to making that idea true. Since the inner mind runs the body, our perceptions and emotions, as well as habits, it can line up all those resources to make things happen. Deep in your mind, changes can take place that allow you to feel different emotions, have different habits, learn things quickly and respond with a more thoroughly resourceful physiology.

In hypnosis, we temporarily relax the conscious mind and gain access to the powerful inner mind. In this beneficial, relaxed state, we can more easily get positive ideas across to the most powerful parts of our minds.

So one definition of hypnosis is this; Hypnosis is a temporary relaxing of the conscious mind or distracting it and allowing positive, beneficial ideas to become accepted by the inner mind. When these ideas are presented with sufficient skill and connected to an individual's motivations they become powerful permanent allies for healing, personal development or habit control.

I, as your hypnotherapist, act only as a guide to bring you to this deeper level of relaxation. You are always in control so therefore it is all self hypnosis, isn't it?

What is hypnosis like?

People describe the experience of hypnosis as highly pleasurable and often comment upon emerging that they feel like they've had a refreshing nap. You might feel any number of sensations while in trance. Most people's muscles grow loose and relaxed. Many report pleasant feelings. Often the breathing grows deeper and slower as a result of increased relaxation. Feelings of warmth or tingling are common. Often people report an increased ability to visualize much like daydreaming. Some people's perception of time is altered – the trance state may seem much longer or shorter in duration than it actually is.

While some continue to listen to the words of the hypnotist, others report that the mind drifts away to some pleasant memory or imagined scene. Because the conscious mind may drift away, some report only a general sense of what was said in the trance- just like seeing a movie but not perfectly remembering every scene. Each individual's experience of trance is unique.

The Uses of Hypnosis

In the hands of a qualified and skilled person, hypnosis can be a valuable ally for healing, self-improvement, pain management, habit control and much, much more...

Though many people are familiar with the success of hypnosis in smoking cessation and weight loss, most are unaware of its powerful uses as an anesthetic and to speed healing.

Hypnosis has long been used to help people suffering from trauma and to overcome roadblocks originating from past experiences.

Hypnosis can be used to overcome anxieties, fear and phobias such as driving, exam, needle, public speaking phobias.

Hypnosis is a powerful tool for performance enhancement and goal setting. The hypnotic state is a great stress buster and incredibly effective for increasing self-confidence and self-esteem. Every situation can benefit from having the powerful inner mind on your side.

I hope you now better understand how hypnosis can help to improve your life. If you are about to be hypnotised and you have any further questions, feel free to contact me.

Orla McKeown

Orlamckeownwellness.com