

Chester Wellness Centre

Hypnotherapy

www.advancedhypnotherapy.net

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WHAT IS HYPNOSIS?

Hypnosis has been described as a state of altered consciousness. It is *not* unconsciousness. It can perhaps be best described as a daydreaming state, similar to the time just before going to sleep and just after awakening. It is a completely natural state that we all experience on a regular basis.

HOW DOES HYPNOTHERAPY WORK?

We each have a conscious and a sub-conscious part of our mind. The subconscious controls the nervous system, memory, imagination and emotions. Whilst in hypnosis, the subconscious mind is more open and receptive so with the help of a trained Hypnotherapist, it is possible to change programming and conditioning, thereby bringing about rapid and permanent change, releasing patterns of behaviour that hold us back or cause us stress or anxiety.

WHAT WILL I EXPERIENCE?

Each person will have slightly differing sensations whilst in hypnosis. Most people experience a sort of lethargy where the arms and legs may feel heavy, and the mind can drift in easy relaxation.

Nobody can be hypnotized against their will, and it is possible to wake from hypnosis at anytime you wish. In hypnosis, you are still fully in control and aware of everything that is happening. It is not possible to be forced to do anything against your will whilst in hypnosis. The role of the therapist is to work with you to empower you to make the changes you want to make.

IS HYPNOTHERAPY SUITABLE FOR EVERYONE?

Just as some people find it easier to relax than others, so some people find it easier to go into hypnosis than others. The more you practice, the easier it will become. Most people are able to take themselves into a light state of hypnosis and hence benefit from treatment.

Hypnotherapy is completely natural and safe with no side effects. It is suitable for people of any age, including children.

HOW COULD IT HELP?

Hypnotherapy can help with many issues such as stopping smoking, weight control, insomnia, phobias, anxiety, confidence, panic attacks, sports or work performance.

It can also be used to help with pain control, IBS, asthma and skin conditions, and a wide variety of physical and emotional issues.

SLIMMING CLASSES

The centre hosts slimming classes for small groups of people combining the support of a slimming class with the powerful therapeutic value of hypnotherapy to help you change your eating habits easily and permanently.