

Myth Busting!

Myth

Being hypnotised means losing control.

Fact

You will never lose 'control'. Clinical hypnosis is a deep form of relaxation from which you can rouse at any time should you need to. You are neither asleep nor unconscious. The therapist works with your unconscious mind, using suggestion therapy and positive affirmations to develop new and more beneficial responses to situations and conditions.

Myth

I may fail to come out of trance.

Fact

People ALWAYS come out of a hypnotic trance. The worst that can happen is that you can fall asleep due to being in such a state of deep relaxation.

Myth

I don't think I could 'go under'.

Fact

A hypnotic state is different for everyone. We each experience this in our own way. Depth of trance may vary from person to person and from session to session. This is fine. The work with your unconscious mind will continue whatever the depth of your hypnotic trance.



The National Council for Hypnotherapy holds one of the largest registers of independent Hypnotherapists in the United Kingdom and strives to maintain the highest standards among its members. There is an agreed Code of Conduct, established Complaints and Disciplinary Procedure and all members are obliged to maintain comprehensive Public Liability & Professional Indemnity Insurance.

LifeStyle Hypnotherapy

**Norma Gillett, Clinical
Hypnotherapist; HypnoBirthing®
Childbirth Educator; Emotional
Freedom Therapy Practitioner**

8 Sevenoaks

Chorley

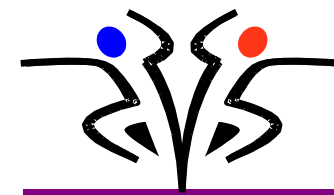
PR7 3NS

01257 266815



Norma hypno@aol.com

www.lifestylehypnotherapy.co.uk



LifeStyle

Hypnotherapy

Change your Mind

~

Change your Life



WHAT IS HYPNOSIS?

The definition of hypnosis is 'a **relaxed, focused state of concentration**' but the actual state of hypnosis is a little harder to define.

Until recently it was assumed that it was similar to sleep, or that the mind was somehow unconscious. In reality, there is a specific state that the brain enters into when it is receptive to suggestion.

This has been discovered on brain scans during hypnosis. It is not an unusual state of mind, and may feel like you are not in a trance, or in hypnosis. For most people they simply feel relaxed.

There is a change in the brain wave activity, similar to that time just before sleep when the **alpha** state is entered. Your brain's waking state is a **beta** brain wave, just as you are going to sleep it changes to **alpha** and then to **delta** and **theta** in deep sleep.

The **alpha** state is a very dreamy, pleasant state. During this time the mind is very open to visualisation and creating a rich sensory experience.

The more real the experience becomes in the subconscious mind during this state, the more effect it will have on your waking behaviour.



HOW CAN HYPNOSIS HELP ME?

There are numerous areas in your life where Hypnosis can help you. Here are some of those most frequently requested:

- ✓ Need to lower your blood pressure/stress levels?
- ✓ Wanting to give up smoking?
- ✓ Want help with weight loss?
- ✓ Like to learn how to control pain in childbirth?
- ✓ Need help with managing stress? (at home or work)
- ✓ Like to feel more confident?
- ✓ Would you like to rid yourself of unhelpful phobias?
- ✓ Do you suffer from anxiety/panic attacks?

- ✓ Would you like to learn how to deal with long-term pain? (including Fibromyalgia)
- ✓ Do you suffer from Irritable Bowel Syndrome?
- ✓ Feeling depressed, unable to cope?
- ✓ Want to learn how to deal with Exam stress?
- ✓ Need more confidence when speaking in public?

If you don't see what you are looking for here - please ring for a confidential discussion

01257 266815

How long will a session last?

Usually about 75 minutes.

How many sessions will I need?

Smoking cessation is often achieved in ONE Session. Others will vary.

Anything else I should know?

If you are currently taking any prescription medication for mental health problems/depression, please obtain permission (preferably in writing) from your GP before booking a session.

I have some more questions ...

Call or email me and I'll do my best to help.