



## Making the most of Hypnotherapy

Various psychological obstacles and barriers develop during life which can have a negative influence on the way you perceive your world. Your attitudes and beliefs can also become influenced by experience, in many subtle ways that are normally taken for granted. You can't always choose your experiences, or how your mind interprets and learns from them. The same experience could have very different consequences for two different people, because every mind is unique.

Hypnotherapy helps you to remove some of the limiting barriers that have formed during your lifetime of unique experiences. Limiting beliefs, attitudes, perceptions, automatic thoughts or behaviours that are getting in the way of the life you would prefer.

You can gain a greater self awareness of how your mind works. Learn about the subjectivity of your experience. *Influence your own subconscious for a change.*

Whilst hypnotherapy can be very relaxing, it is not a miracle cure-all that will turn your life around in a day. Shifts in subconscious patterns can sometimes take a few days or weeks to settle down, because your new realisations, thoughts and awarenesses become the stimuli for further subtle changes. Whilst I can deliver professional support and guidance, you share responsibility for doing what you can to make the most of new learnings and changes.

It is helpful to have a clear idea of what you would like to achieve, which indeed is normally the initial focus of a session. With a specific goal, you can measure your progress much more effectively and have something to really motivate yourself toward.

Some people have a fear of losing control, and as hypnosis is often misunderstood as a controlling process, this can make them nervous. Rest assured that hypnotic techniques actually give you more control, increased concentration and enhanced awareness. When you think about it, you have *already* lost control of something – particular thoughts, behaviours or feelings – by having a psychological barrier – so think of hypnotherapy as giving you *more* control. It helps to really let go as much as possible and to immerse yourself in the various stages, allowing me to guide you.

If at any point whether before, during or after the session you have reservations or concerns about the therapy or your progress, do let me know. I want you to enjoy and make the most of your experience, whether a single session or a course of hypnotherapy.

Hypnosis and subconscious psychology is a fascinating and powerful field, with many possibilities for personal success.