

# Spotlight on hypnotherapy

Hypnosis is a naturally occurring, altered state of consciousness.

When we focus on something very intently, it is often possible to turn down or block completely, other signals that the brain is receiving. This is especially valuable for pain control. How many of us have worked hard in the garden, only to find later that we have cut ourselves without being aware of it.

The state of hypnosis provides a pathway to our subconscious or unconscious mind. Most of our bodily functions such as breathing, heart rate, sweating, temperature control, balance are controlled by it, and all of our long term memories, emotions and habits are stored there. Hypnosis provides a way to change unhelpful thinking patterns and tap into our full potential. In this way we can conquer fear of heights or public speaking; improve our relationships by behaving in more useful ways in stressful situations; dump unwanted habits such as smoking and drinking.

Hypnosis is often successful when other, more conventional methods of treatment have failed. It is safe and there are no harmful side effects. When administered by a professionally trained and skilled therapist it offers long lasting and often permanent benefits.

Hypnotherapy is commonly used to:

- Break unwanted habits such as smoking, alcohol abuse, drug abuse, bed wetting, nail biting, stuttering.
- Provide relief and remission from breathing problems, stomach and nervous problems.
- Address skin problems and rashes. Relieve female problems such as period pain.
- Provide pain control for minor and sometimes even major surgery, dentistry, arthritic pain, and general neuromuscular aches and pain
- Resolve phobias, compulsions, emotional problems, sleeping problems, inhibitions, guilt feelings, jealousy, stress and anxiety.
- Transform sexual problems such as premature ejaculation and frigidity.
- Boost creativity and imagination, self-confidence and esteem, allow a person to perform to their full potential.

If you are looking for a safe, natural and highly effective therapy, then clinical hypnotherapy could be the answer for you.