



Welcome to my introduction to hypnotherapy. The following is an excerpt from www.hypnotopia.com and contains my most general opinions on the subject. However, I don't mind at all if you adopt them as your own! At the bottom is a small questionnaire for the undecided. Thanks for reading.

There are so many problems that can be helped with hypnotherapy, and even one session can result in increased self-confidence and an increased ability to relax.

Depending on the problem, your therapy could involve a single session, or when greater change is desired, could involve anywhere from 4 to 12 sessions. For what is known as 'suggestion therapy', superb results are generally achievable in one to four sessions. This is ideal therapy for stress relief, to improve mental and physical performance, to conquer certain fears, and to give up smoking and other negative habits.

Hypnoanalysis is a flexible and powerful therapy, which seeks to uncover and eliminate the causes of destructive ailments such as sleep or dream disorders, phobias, emotional difficulties, psychosexual problems, and general unhappiness. Hypnoanalysis is an inward exploration which can yield amazing benefits, both in terms of specific problems, and general contentment and successful living. The treatment mostly lasts from 4 to 12 sessions and can produce lifelong freedom from the initial problem, as well as increased confidence and inner comfort.

Hypnotherapy is just as it sounds – therapy, made quicker and more effective in many circumstances with the use of hypnosis. Hypnosis is a tool that we use to increase the power of the therapy, and is simply a part of our psychology. Hypnotherapy also utilises no drugs and uses a completely natural state of mind to create positive change.

If you ever need reassurance about a therapist, you can easily check that your potential hypnotherapist is adequately qualified: this will be indicated by memberships in, and licensing from, professional hypnotherapy associations. Check out the associations to which they belong, and you will see the code of ethics that the therapist has to abide by. See what kind of training a therapist belonging to this organisation is required to have undertaken and this will allow you to make the right choice.

Hypnoanalysis, or hypnotic regressive therapy, really is an investment in your emotional and psychological well being with profound holistic benefits. The mind and body are inexorably connected, and the symbiosis of these parts of the human being means that change in one part will resonate throughout the entire self. When you turn your focus inwards, you can begin to explore the intricacies of yourself. You will notice the benefits of therapy immediately: how often do you dedicate time to talk and think about yourself in detail? When you concentrate on yourself, it reveals an enormous amount of information - you gain a great deal of insight into your strengths and weaknesses, your resources, your potential, and psychological and emotional obstacles that block your progress to be truly happy and truly successful, whatever success means to you.

The hypnotic state provides you with a massive boost to your awareness, your ability to recall events and experiences, and your ability to understand the very core of your being. Analysis in the therapy setting also creates an understanding and comforting environment in which to release all of the negative energy and negative beliefs stored in your mind, and subsequently establish patterns and goals for your improved life. It is important to experience this with a professional therapist who has an open mind and an understanding that people's perceptions and beliefs differ wildly. Similarly, it is important to undertake this kind of therapy with a practitioner who offers a variety of techniques, since everybody is an individual and responds differently.

It is my personal conviction that every person on the planet would benefit from therapy, especially a therapy as powerful as hypnoanalysis. It is impossible to live life without accumulating negativity and without experiencing events that have undesirable effects on us. It is the nature of our minds to bury emotions and experiences that are traumatic to us, and unfortunately this can create problems in our everyday lives. Even a person who feels generally happy has issues arising from the subconscious that when dealt with, can produce an amazing sense of further contentment, inner comfort and freedom.

There are many misconceptions about the practice of hypnosis. In reality, it is a completely natural, reliable and safe state, which has been used for centuries in various forms. We have all experienced a noticeable state of hypnosis naturally: when for example you are watching television and for a while you just seem to drift away, not noticing what is happening on the screen at all and oblivious to everything around you; or, when you are driving and you suddenly realise that you haven't been concentrating at all, and in fact 10 or 15 minutes has passed without you noticing. Some say that the state of hypnosis is akin to the state of mind when we daydream. I would say that it is a similar inward focus, although hypnosis features a good deal more focus and clarity of thought.

All of us actually use the state of hypnosis without realising it – it is just one of the functions of the mind. We use the state naturally to subconsciously absorb information we think is important to us, and to form behaviour patterns and beliefs. This is why hypnotherapy is so effective – when we find ourselves with a negative pattern of behaviour, an irrational fear or aversion to something, or a sense of anxiety or unease that consciously we can't understand, it is because the problem lies in our subconscious mind. Hypnotherapy is the only therapy that consistently and intentionally deals directly with the subconscious, and the relationship between the conscious and subconscious mind. Often it can seem that almost miracle cures are achieved, because of the power of the mind to heal itself (and the body), with the therapy providing the guidance it needs to do so.

No hypnotherapist or psychotherapist is allowed by law to specifically advertise treatment for illnesses that may have a medical origin – depression, skin complaints, sleep disorders, migraines, and eating disorders among them. This is a measure designed to encourage you to seek the advice of a medical doctor in such cases, so that medical treatment can be given where necessary. However, hypnotherapy can be of enormous aid in such situations, and can produce startling relief from symptoms, which is in fact why the law exists, to prevent the masking of a dangerous physical illness. If you have any of the above symptoms, see a doctor first to rule out a physical cause, and talk with your doctor about the possible benefits of hypnotherapy in your case to see what she or he thinks.

Should I consider hypnotherapy?

--- don't if you can answer "yes" to all of the following questions:

1. Am I a healthy non-smoker with a long, happy life to look forward to?
2. Do I act with confidence and shine in social and professional situations?
3. Is there no situation that I have to deal with in my life in which I am hampered by a disproportionate or irrational fear?
4. Do I know how to really relax?
5. Is there no area of my life that I can improve on?

If you answered "no" to any of the above, give some thought to hypnotherapy, and to how a small investment could greatly improve your life!

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