

FREQUENTLY ASKED QUESTIONS

ABOUT HYPNOTHERAPY

What will Hypnosis feel like?

Hypnosis is like daydreaming.... It is an altered state of consciousness where the body and mind can be relaxed yet you can still speak in response to questions asked or move if you need to. You can also be in hypnosis with your eyes open and appear to be functioning normally.

What is the difference between Hypnosis and relaxation or meditation?

In Hypnosis the heart rate continues to remain slowed after a session for a longer period. A meditation session will have greater benefits than a relaxation session if done regularly.

Are you asleep?

No. You may achieve a deep level of relaxation, but your mind will be aware of all that is going on. Sometimes your senses such as hearing and smell become hyper-aware.

Is there scientific evidence that it works?

Yes. Hypnosis has been studied extensively and there are many documented cases of hypnosis being used successfully for medical conditions, including anaesthesia, for Irritable Bowel Syndrome, Weight reduction and more. You can do a quick Google search to confirm this.

Will Hypnosis help me recall everything that has happened in my life?

No. Your memory is selective and there is no guarantee that your recall is 100% accurate.

Can I get stuck in a trance?

No. you would drift off either to sleep or open your eyes to find out what is going on.

Will I say or do embarrassing things?

You may choose to bring up an issue and feel embarrassed talking about it. Likewise if you choose to participate in a stage show, you may find that you have altered inhibitions.

What does it feel like to be in Hypnosis?

It is different for each person. Many people have described the following sensations:

- Feeling relaxed
- Uncaring about everyday concerns
- Focused on their imaginations
- A sense of peace and lethargy
- Mind "super alert"