

The Truth About Clinical Hypnotherapy by Julian Amos

If you've ever thought about visiting a hypnotherapist for whatever reason but were frightened off at the last moment by fears of blurting out something you shouldn't, or revealing some dreadful secret you've been hiding, then this article is for you!

Clinical Hypnotherapy is far removed from the stage hypnosis we've all seen on the TV. There is a similarity in the way that hypnosis connects with people's sub-conscious, but that is where the similarity ends, and so whenever I see new clients for the first time, I spend a little time explaining this difference because I can always sense a slight nervousness around a hypno-newbie. This is what I tell them...

Hypnosis is a natural human condition. Don't believe me? Then just have a think about this... How many times have you been driving to a location and arrived realising that you don't remember the journey in very much detail? Or think about those times you've sat in a cinema or in front of your TV engrossed in a movie, that once finished, suddenly 'awakens you' back to the reality of the surroundings that you had temporarily removed yourself from. Those are states of light hypnotic trance, and if you've just read this paragraph in one go and taken-in these thoughts, and perhaps even visualised them as you read them, then you've just been hypnotised again. Boom! We all experience hypnosis daily, most usually at fairly shallow depths, by just reading a good book or listening to a radio play.

Clinical Hypnotherapy is used to profound effect for the alleviation of many different human conditions. At my own Practice in Henley in Arden, (Henley Clinical Hypnotherapy Practice) I specialise in eradicating anxiety, stress, depression, fears of such things as public speaking or extreme nervous tension in public, phobias that have debilitating effects on people's lives and (this is a big one) wiping-out what I call 'life blockers' - those events and memories that people carry around with them that prevent them from moving on or enjoying their present-day lives. Basically, I heal people, or more precisely, I enable people to heal themselves. As a clinical hypnotherapist, I am no more than the 'enabler' or 'facilitator' for the client to do the 'fixing' within themselves. So how does it work? Most people tend to think that a hypnotherapist simply hypnotises someone and tells them not to do whatever it is they are doing that is causing their problem, and I can see where this train of thought originates... It's those TV shows again, isn't it! While it is possible to make a person forget their own name or act in a certain way using some form of 'instant hypnosis', this isn't long lasting and while it provides a bit of fun and harmless entertainment, it's the professional Clinical Hypnotherapists that uses hypnotic techniques in a very different way to heal, repair, rejuvenate and strengthen the client. Even the most depressed client that may have been carrying around a lifetime of sorrow, anger, pain or resentment can be 'fixed' quite quickly and sent off to start a brand-new happy life. I've had clients tell me that their world had somehow shifted to a better place and that perceptions of their world had changed completely, which is wonderful to hear and the reason that I love my job so much.

Clinical Hypnotherapists most usually work at the fairly shallow levels of hypnosis that I described above. It's worth explaining at this point that the client is never unconscious and is aware of where they are and what they are doing at all times. For this reason, nobody will ever blurt-out anything they wished they hadn't or act in an uncontrolled manner. It is a state of mind that is completely natural and yet at the same time un-natural in the way that it takes us to a 'place' that we can never attain consciously during our normal everyday lives.

To access this state requires techniques that relax the client completely and from there, into the hypnotic state which grants access to their subconscious mind. Once in that state, guided visualisation is used to take them to places where the work is carried out to 'fix' the issues they are concerned with. These issues, of course, are many and varied and it's worth noting that the 'issue' the client arrives with and tells me about, is rarely the actual issue that needs dealing with. This is the cause and effect. Phobias, anxiety, depression, excessive weight gain and the like all have causes, and it's these causes that are dealt with under hypnosis, therefore eradicating the presenting issues. As a result, very often as much time is spent with the client working at a psychological counsellor level during the induction - getting to the route of these issues - as is spent with the client under hypnosis, and even then, once under hypnosis, the client often discovers there is actually another reason for their issue that they had failed to realise or that had been lost to their 'normal, accessible' memory and so only retrievable under hypnosis. The great thing though, is that it doesn't have to stop there. Whilst the client is 'under', there are ways of also instilling peace, harmony and happiness – just because I can. This is used during the session and as post-hypnotic suggestions. Imagine taking a drug that made you feel fantastic and able to cope with anything, and now imagine feeling that fantastic without having to take a drug. Hypnotherapy can be truly amazing.