

Complimentary Therapies Information Guide

HYPNOTHERAPY

This technique uses guided relaxation, intense concentration and focused attention to achieve a heightened state of awareness that is sometimes called a trance. The person's attention is so focused while in this state that anything going on around the person is temporarily blocked out or ignored.

Hypnotherapy can be used to treat anxiety, phobias, substance abuse including tobacco, sexual dysfunction, undesirable spontaneous behaviors, and bad habits. It **can** be used to **help** improve sleep, learning disorders, communication, and relationship issues.

It can be effective in **treating** a range of **medical** and psychological **issues**, including: Anxiety. Asthma. Chronic pain.

“We have 60,000 thoughts a day, and most of them are negative.” The more negativity you're dealing with, the longer it may take to notice the effect of hypnosis — no matter how much you consciously want things to change.

“When you're desperate enough, you'll do anything to feel like you again. For me, that meant trying something I had never before considered: hypnosis.”

COUNSELLING

Benefits of Counselling

1) See Your Thoughts from a Different Perspective

Speaking aloud and verbalising your thoughts and emotions lets you see them from a new perspective, instead of just in the interior of your own mind. Saying them to another person also makes you consider what their view is, meaning you can gain new ways of thinking about your problems, simply by letting them out.

2) Cathartic Experience

Similarly, letting things out that you've been keeping inside can be a cathartic experience, purging you of pent up emotions, as many people find they are relieved of thoughts or feelings that they've been bottling up.

3) Time Set Aside to Confront Feelings

Counselling or talking therapy means you simply dedicate some time to facing or confronting your issues. When you have an appointment with another person, you're committed to them for that period of time, meaning you can't put off or run away from facing your feelings. Equally, you're less likely to be distracted whilst you are in a counselling session.

4) Feel Less Alone With Your Problems

Often people feel unable to share their feelings and issues with the people in their life, and quite often with those closest to them. Having someone who is a complete stranger, who doesn't know you and won't judge you, can give you the freedom to talk about things you wouldn't normally admit to your friends and family.

5) Greater Degree of Self-Awareness

Examining your emotions with another person allows you to see yourself from the outside, resulting in a heightened sense of self awareness. And once processed, this can have hugely beneficial effects in making people feel more at peace with themselves.

