

edCooper

Empower your future

Hypnotherapy FAQ's

What is Hypnotherapy?

Hypnotherapy is an effective way to change life long habits, take back control of your life and empower your future.

Hypnotherapy has long been recognised to be a very powerful method for personal development. In fact, it is known to have been in use [for the last 6,000 years](#). Today, all around the world, people use the power of hypnosis to help deal with a vast range of problems.

The American Medical Association has officially recognised hypnotherapy since 1958 & the NHS also has acknowledged this alternative practice. There are many benefits produced by using hypnotherapy such:

Benefits from Hypnotherapy can cause positive change in physical ailments, emotional issues and mental abilities.

Hypnotherapy activates the "[mind over matter](#)" path to success and is an easy, enjoyable way of reprogramming your mind - for your success.

What is hypnosis?

Everyone experiences hypnosis regularly. It occurs just before you fall asleep and just as you awaken. Other examples include losing track of time when reading a good book or when watching something interesting on television. In essence, [hypnosis is simply a state of heightened relaxation and altered awareness](#).

When you are relaxed in this way, it is possible to make contact with your powerful subconscious mind. This is the part of the mind that contains infinite wisdom and a very deep level of intelligence. It is your untapped resource for creativity and imagination.

The subconscious mind is the seat of all your emotions and therefore directs nearly all your behaviour. Most importantly, the [subconscious is responsible](#) for maintaining the body in good health and for all the autonomic processes, e.g., breathing, blood circulation, tissue repair and controlling blood-sugar level.

Hypnosis is a doorway to another world - your inner world, the enchanted realms of your imagination. Using hypnosis, whereby the subconscious mind can be contacted, to promote desired changes and physical well-being to [empower your future](#).

What does hypnosis feel like?

You are deeply relaxed and calm, aware of everything happening around you. It is a pleasant and enjoyable state very similar to daydreaming or drifting off to sleep. You will feel wonderfully relaxed and you may find that your sleep will be of a much better quality.

Is it safe to go into hypnosis?

Absolutely. It is a completely safe, comfortable and relaxed experience.

Will I be under the hypnotherapist's "power"?

No. You are in charge. You cannot be made to do anything against your will and you cannot be taken into hypnosis if you do not want to. It is your experience and you are in control throughout.

What if I cannot be hypnotised?

You can, everyone can, as long as [you want to be](#). If, you say that "nobody is going to hypnotise me", then you'd be right – after all you are the one who is in control.

Will I be asleep under hypnosis?

No. You are fully awake and alert, aware of everything that is happening throughout the session.

What does hypnosis feel like?

We are in natural hypnosis 60% of the time. So you already know what it feels like. You are in natural hypnosis when you read a good book and get totally 'lost' in the story. It is the same when watching a good film, watching TV, driving the car or just daydreaming. These are all dreamlike states, similar to the feelings when one is just drifting off to sleep. It is a time of deep relaxation.

Our method of hypnotherapy allows you to enter a trance-like state of deep relaxation safely, so the hypnotherapist can access and communicate directly with the subconscious and give instructions or "suggestions". You only accept the "suggestions" if you are in agreement with them. These suggestions are personally suited to your needs and are agreed prior to the hypnotherapy taking place.

Who should I choose?

Make sure that the hypnotherapist you choose are qualified by a governing body and are experienced. Our hypnotherapists are certified practitioners from the [American Board of Hypnotherapy](#).

Whoever you choose, the most important thing is how you relate to each other; you should feel comfortable and relaxed within minutes of meeting the hypnotherapist.

How can Hypnosis help me?

With hypnosis there are literally no limits to what you can achieve. You have the power to make changes in your life - changes that take place quickly and changes that last.

- Relax and manage stress
- Improve confidence
- Improve self-esteem
- Improve relationships
- Improve your public speaking
- Improve your memory
- Learn faster & more effectively
- Pass exams more easily
- Gain business success
- Enjoy quality sleep
- Enhance your performance at work and in your sport
- Weight loss
- Stop smoking (and ending other compulsive behaviours)
- Increasing the desire to exercise
- Changing body image
- Overcoming fears and phobias
- Pain management
- Addiction recovery
- Improve skin disorders
- Promote rapid healing & recovery
- Control or reduce pain without drugs

And this list is by no means exhaustive!

Whatever it is - get sorted with hypnotherapy by activating the power of your mind!

How many sessions will I need?

That depends on you and what you wish to change. Hypnotherapy helps people fast, so that even deep behavioural problems can be resolved in a few sessions - compared to a few years for some other types of therapy.

If you can commit to success & if you are looking for massive change, rather than just dreaming about it, then you have come to the right place for you...[for your future.](#)

Ask me a question about hypnotherapy now at info@empower-your-future.com