

## What can Hypnotherapy assist with?

Assistance can be offered in the following areas but is not limited to:

- The Desire to Stop Smoking;
- Weight Control;
- Stress Management;
- Fears & Phobias;
- Sleeping Disorders;
- Depression;
- Anxiety & Panic Attacks;
- Pain Management;
- Studying Difficulties; and
- Personal Issues.

## Hypnosis - What is it?

- Hypnosis is simply a narrowing of the focus of the mind, an altered state of conscious awareness.
- It is a natural state of the mind and is natural for all humans and many animals. A light trance like state with varying degrees of consciousness - the levels ranging from a state of alertness to a sleep like state.

## How is it done?

- There are varying methods, however, generally by the use of the therapist's voice inducing a state of relaxation within the client.

## What does it feel like?

- Chances are, at one time or another, you have already found yourself in an altered state of conscious awareness:
  - perhaps driving yourself along a familiar roadway and realising you have passed the street that you wanted, or
  - watching television, hearing and seeing it but not really absorbing what is going on.
- Occurrences such as these are common. It is also common to have a sense of strangeness or unreality – meaning that you may see yourself or your surroundings in a new way, more detached or more connected than usual – a sensation of drifting or floating.
- Every person reacts differently, however, generally speaking you will be likely to experience relaxation, sleepiness, a rigidity or limpness in the muscles of the

arms and legs, skin warmth or coldness, sensations of tingling or feelings of electricity, and narrowness of attention.

## What hypnosis can do for you - what can you gain from it?

- Apart from a fascinating new experience – hypnosis can improve your general functioning – to make you feel better mentally and physically.

## Beneficial Functions:

- improves sleep, reduces stress, controls painful symptoms;
- controls some organic functions, such as bleeding and heart rate;
- develops abnormal abilities of concentration: increases capacity to learn and remember in enormous detail;
  - produces anaesthesia in the body;
  - compresses a great deal of thinking and recall into a very short amount of real time, and
  - makes possible partial age regression; reliving an experience in the distant past, just as it occurred, with the senses operating as they did at the time of the original experience.

- Hypnosis has many advantages, whether it be numbing your gums or driving over a bridge – you are the controlling factor. This change can affect your life minimally, or it can make a dramatic difference in your lifestyle, success and feeling of wellbeing.



#### Hypnosis:

- is not harmful in any way, if left in a hypnotic state, either by the Hypnotherapist or using a tape/CD, the client would simply either wake up or their own accord or fall asleep and awaken after a pleasant nap.
- can not make the client do or say anything that they do not wish to say or do, and
- gives you the choice to enter or leave the “trance” like state at any time.

### *Contact details:*

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