

Hypnotherapy has been approved for use by the British Medical Association for more than 40 years. It's a form of therapy which enables you to enlist the help of your conscious and unconscious/subconscious mind. The emphasis is goal orientated, and allows you to focus your attention internally, re accessing resources, and creating new associations, patterns of thinking and behaving.

### **How hypnosis/ hypnotherapy helps with quitting smoking**

- Increases confidence and determination
- Shifts perspective - so stopping smoking feels like a positive challenge rather than chore
- Finding more appropriate ways to relax and unwind
- Lowering levels of anxiety and removing fears and doubts
- Increasing focus
- Shifts inaccurate beliefs surrounding smoking i.e. the belief that smoking helps with relaxation



48 hours notice of cancellation is required,  
or the full fee is payable.

**Independent Therapy Solutions exists  
to provide a range of  
high quality interventions  
to people experiencing physical,  
emotional, psychological or behavioural difficulties  
to facilitate change and well being.  
Releasing the unique potential of the  
individual through  
non-judgemental, self-empowering support.**

**its HYPNOTHER-**



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Hypnotherapy is simply the use of hypnosis to enable you to take control of feelings, behaviours, habits, and self-image. It seems most people feel as if they and their problems are unique among human experience.

While our experiences make each of us unique, what we feel, how we respond to the world around us, and how we interact with other people is not unique. We all have the same senses.

The way we deal with this life is greatly variable, but only within certain parameters. There are boundaries to human experience and behaviour. Your feelings, thoughts, behaviours, and problems aren't as strange or unusual as you might think.

People don't tell others about their fears, doubts, worries, anxieties, or things they think are strange about themselves. whatever your difficulty in life might be, it isn't as strange or unusual as you think.

Hypnotherapy, of course, uses the mental tool of hypnosis. Many people have seen too many movies or television shows where a writer needed a magical solution to a plot problem and used that mystical power of hypnosis to solve his problem.

Hypnosis is NOT mystical or magical in any way. It is a very effective mental tool that enables people to take control of things that may have seemed beyond their control in the past.

Hypnosis is a completely natural, yet different, state of consciousness from the normal waking state. When a person is in the state of hypnosis they are completely awake and alert. They know exactly what is happening at all times.

You cannot be controlled by someone using hypnosis. While under hypnosis, your awareness is actually heightened and carefully focused.

You become very receptive to positive suggestions that are acceptable to you, and are able to learn from the artificial experiences perceived in the hypnotic state.

" What about those stage shows where they make people do all those ridiculous things?"

### **They don't MAKE anyone do anything!**

These people are volunteers. They want to be foolish and playful on stage and not be responsible for their behaviour. They are having fun. None of them will ever do anything they don't want to do under hypnosis. No one ever does.

### **A person under hypnosis is only doing what they want to do.**

A well-trained and experienced therapist can use the artificial experiences perceived under hypnosis to desensitise a client's fears, improve their self-image, or gain other behavioural or emotional goals. Goal achievement is an area of human behaviour where this tool of hypnosis is very helpful.

Other areas include overcoming fears, improving sports, performance, stress control and relaxation, elimination of habits, gaining self confidence, sexual dysfunction, and success motivation. Basically, if a feeling or behaviour in your life is undesirable to you, in most cases hypnotherapy can be of value.

The real goal in most cases is for the client to learn effective mental dynamics and take control of his life. There are no easy fixes.

There is no magic or effortless cure for your problems, but with a little knowledge, a little effort, and personal responsibility you can make your life what you want it to be.

### **Take control and get what you desire from it.**