



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

CLINICAL HYPNOTHERAPY

What is Clinical Hypnotherapy?

Clinical Hypnotherapy uses advanced methods of hypnosis and other techniques to treat a variety of medical, physical and psychological problems or change habits. Clinical Hypnotherapy can be used to treat a wide range of issues like fears and phobias, anxiety and stress, panic attacks, insomnia, lack of self-confidence, weight management, smoking cessation and even physical conditions such as Irritable Bowel Syndrome, skin conditions and migraines.

Hypnotherapy should not be used if you have psychosis or certain types of personality disorder, as it could make your condition worse. There may be other contraindications, which is why we get all clients to complete an Appointment Booking Form before they attend appointments.

Hypnotherapy sessions are generally tailored to each individual client's needs and problems, and your beliefs are respected at all times. If you want a specific technique or approach to be used or avoided then mention this to your therapist and your treatment plan will be adjusted in accordance with your wishes.

Hypnotherapy is an evidence-based therapy, with over 70,000 research references worldwide.

It is not some form of magic pill or quick fix either and it requires that the client be committed to change and prepared to make the effort to make that change a reality.

Despite some of the myths that surround hypnotherapy, it is important to note, during hypnosis, you, the client, are fully in control and don't have to take on the therapist's suggestions if you don't want to. If necessary, you can bring

yourself out of the hypnotic state. Hypnosis doesn't work if you don't want to be hypnotised.

You are not asleep or 'knocked out' when you are hypnotised. This is another myth surrounding hypnotherapy. You will remember the things that occur during your hypnotic state, you will not be asleep or unconscious and you will be able to break the hypnotic trance at any time.

According to VeryWell Mind, whilst in the hypnotic state, you are deeply

relaxed and 'your conscious mind is quieted, allowing your unconscious mind to deeply focus on your issue (in this case, your phobia). You are also calmer, and therefore more receptive to facing your fear. Most hypnotherapists utilize a series of calming messages, such as "you are safe" and "no one can harm you" to reassure their clients that during hypnosis they can objectively face their phobias without having a panicked reaction'.

'Your hypnotherapist may make gentle suggestions for behaviour changes that can help you conquer your phobia. For example, you may be taught to see yourself as a supportive advisor during your phobic reactions, thus learning to trust yourself and your ability to get through the situation. You may be taught certain cognitive-behavioural coping skills, such as guided imagery and the STOP! Technique, that you can use when confronting your fear. You may even be encouraged to talk about the first time you experienced the phobia and how you felt in that moment' (VeryWell Mind).

Hypnosis is like a trance-like state of focus and concentration which you achieve with the support and guidance of the therapist. This trance-like state is similar to being completely absorbed in a book, movie, music, or even one's own thoughts or meditations. In this state, clients can turn their attention completely inward to find and utilise the natural resources deep within themselves that can help them make changes or regain control in certain areas of their life.

Clinical Hypnotherapy is sometimes offered as an adjunct therapy alongside other forms of psychotherapy.

If you have any questions or need more information, please feel free to get in touch.