

# FREQUENTLY ASKED QUESTIONS

## WHAT IS HYPNOSIS?

Hypnosis is a naturally occurring relaxed state of mind. We all experience hypnotic trance every day when we daydream or 'let our mind wander' doing everyday activities such as cooking, driving, reading, or exercising. In this state of mind our unconscious mind becomes more accessible and, along with our conscious mind, more open to change. Hypnosis is a powerful tool for self-improvement and personal development.

## WHAT CAN HYPNOSIS BE USED FOR?

Hypnosis can be used for a wide range of issues, including anxiety, addictions, chronic pain, lack of confidence, depression, fears and phobias, stress, poor sleep, and weight loss.

## CAN ANYONE BE HYPNOTISED?

Yes, anyone can be hypnotised as long as they are willing, want change, and follow the hypnotherapist's instructions.

## HOW DOES HYPNOSIS WORK?

Hypnosis works by relaxing the conscious mind and accessing the unconscious mind, where our memories and beliefs are stored. In this state, the hypnotist can make positive suggestions to help a client overcome negative thought patterns and behaviours.

## WHAT HAPPENS DURING A SESSION?

During a session, you will be guided into a relaxed state of mind. I will then make positive suggestions to help you overcome any negative thought patterns or behaviours. You will remain in control throughout the session, and you can end the session at any time if you feel uncomfortable.

## HOW MANY SESSIONS WILL I NEED?

The number of sessions will depend on the individual and the issue being addressed. Some clients may see results after just one session, while others may require several sessions to achieve their goals.

## IS HYPNOSIS SAFE AND CAN I BE FORCED TO DO ANYTHING?

Yes, hypnosis is safe. It is a natural state of mind that we all experience every day. Hypnosis is not mind control or brainwashing, and you cannot be made to do anything against your will.

## CAN HYPNOSIS BE DONE REMOTELY?

Yes, hypnosis can be done remotely online using Zoom or even over the phone. The results are just as effective as face-to-face sessions. I recommend having face-to-face sessions in your home if possible because you're naturally more relaxed there anyway.