

# KEY BENEFITS

These benefits highlight how hypnosis can be a powerful tool in managing and controlling pain, and improving overall quality of life:

## REDUCTION IN PAIN PERCEPTION

Hypnosis can help you adapt or regulate pain, reducing the perception of pain and making it more manageable.

## STRESS AND ANXIETY REDUCTION

Hypnosis helps to manage any fear and anxiety related to pain, promoting relaxation and reducing stress, which we know can exacerbate pain.

## IMPROVED COPING MECHANISMS

Hypnosis can enhance your ability to cope with pain by altering your reaction to it, making it easier to handle when it occurs.

## NATURAL ANAESTHESIA

In a hypnotic state, it is possible to create natural anaesthesia, which can be particularly useful for chronic pain conditions, particularly for those people who can't tolerate some medications to relieve pain.

## ENHANCED RELAXATION

Hypnosis promotes a state of deep relaxation, which can help relax the nervous system and make it less reactive to pain.

## COMPLEMENTARY THERAPY

Hypnosis can be used alongside other treatments and therapies, such as cognitive behavioural therapy, to provide a comprehensive pain management strategy.

### NOTE

To participate in the complementary therapy of Hypnosis provided by Hypno2Minds Clinical Hypnotherapy you MUST have a referral from your General Practitioner (GP) and/or Specialist (Psychologist, psychiatrist and or other therapist) in relation to your diagnosis, prior to any treatment being administered by our therapists.

# CONTACT US

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# HYPNO2MINDS CLINICAL HYPNOTHERAPY

"Empowering people to connect and unlock their minds potential to transform their lives."

# COMMON MYTHS & MISCONCEPTIONS

## WHAT CLIENTS HAVE SAID...

"I don't like not being in control." The truth is hypnosis cannot make people do anything they really don't want to do. Hypnosis is a naturally occurring, beneficial and positive state, just like being enthralled in a movie and not being aware of what is going on around you or driving your car on automatic and realising time went by so fast and you just arrived at your destination. However, it can help you do something you really want to do.

"When in hypnosis, I have been told I will be in a deep sleep." You are not asleep, and you are not unconscious, you are fully aware of what is happening around you. If you are feeling really relaxed, hypnosis still does its work.

"After hypnosis, you don't remember anything that happened!" Sometimes people recall things from the past, if that is useful to them. You may not recall everything, but you will be aware the entire time.

"I can't be hypnotised. I have tried hypnosis before, and it didn't work." Hypnosis is not magic, and it isn't for everyone. In our experience, even if you don't feel it works, it has some benefits. It is vital that you go to a Certified and qualified Clinical Hypnotherapist and ask to view their qualifications. If you are wondering if hypnosis might help you, talk to your physician, psychologist or other professional. Talk to a Hypno2Minds Clinical Hypnotherapist for further information.

## HYPNO2MINDS CLINICAL HYPNOTHERAPY SPECIALIZES IN PAIN MANAGEMENT AND/OR CONTROL OF PAIN

Clinical hypnosis is increasingly being recognised as an evidence-based, non-pharmacological therapy with a sound neurobiological basis. Hypnosis has been influenced by studies and research in the mind-body connection. It can potentially be used with different groups of patients and in a range of clinical settings.

Hypnosis has therapeutic benefits both in pre-operative and post-operative contexts. In the pre-operative context anaesthesia can usually be realised in minutes or even seconds. Patients in the stressful post-operative context can be incredibly responsive to the therapeutic effects of a hypnotic intervention, especially in providing analgesia and increasing quality of life day to day.

At **Hypno2Minds** we focus on the biopsychosocial model of health and wellbeing to increase quality of life for our individual clients.

# OUR VISION

To transform the lives of others and to empower them to connect with themselves to find their authentic self and create the life of their dreams. To be a force for good, to influence and change their lives to make a difference globally.

## WHAT IS CLINICAL HYPNOTHERAPY?

**Hypno2Minds Clinical Hypnotherapy** is a therapeutic technique that uses Hypnosis and other modalities (including Time Line Therapy®, Neuro Linguistic Programming and Cognitive Behavioural Therapy) to help individuals achieve a state of focused attention to help them with psychological and physical issues.

## COMMON USES OF HYPNOSIS:

- Anxiety
- Performance enhancement
- Smoking cessation
- Sexual problems
- Self-improvement
- Enhancing relationships
- Stress reduction
- Weight control
- Insomnia
- Phobia's
- Behavioural and habit change
- Pain Management and/or control of pain (includes pre-surgery and post-surgery) and so much more...

