
CLINICAL SOMATIC HYPNOTHERAPY

Information for Patients

What is it?

Hypnosis is a natural state we experience daily - like when falling asleep, waking up, or getting absorbed in music or TV. Clinical Somatic Hypnotherapy is a therapeutic approach that uses this natural state to address emotional, psychological, and physical challenges. Grounded in science and based on the work of renowned hypnotist Milton Erickson, it differs from traditional hypnosis by being entirely person-centred - no scripts, no formal inductions. Instead, a naturally emerging trance develops through conversation. As the dialogue unfolds, subconscious patterns are gently brought to awareness using tailored hypnotic techniques. While hypnotherapy is supported by growing scientific evidence and can be highly effective, it's not a guaranteed solution for every issue.

Is it safe?

Yes. Clinical Somatic Hypnotherapy is a gentle, respectful process where you remain fully awake and in control. Rather than being "under" hypnosis, you enter a natural, focused state - like being deeply absorbed in a conversation or a good book. There's no loss of control or free will. You can pause or stop at any time, and you won't do or say anything you don't want to. Because this approach is conversational and naturally responsive, it feels more like guided exploration than a formal procedure. For safety and effectiveness, hypnosis should be facilitated by a trained, qualified professional who understands both the psychological and ethical aspects of the work.

What issues can it help with?

Clinical Somatic Hypnotherapy can support a wide range of emotional, psychological, and physical concerns. These include managing stress and anxiety, overcoming phobias, breaking unwanted habits like smoking or nail biting, and improving sleep and confidence. It can also assist with sexual dysfunction, low self-esteem, study performance, memory, and exam preparation. This approach is often used to ease fears around childbirth, surgery, and medical treatments, and may help with conditions like chronic pain, asthma, high blood pressure, and migraines. Hypnotherapy is also beneficial for enhancing personal growth, assertiveness, emotional healing (such as grief, guilt, or anger), relationship issues, and public speaking. In essence, it can be a valuable tool for almost any area where the mind plays a role.

What does trance feel like?

Trance is a calm, inward-focused state - often described as feeling very relaxed, absorbed, or like drifting in and out of a daydream. Some people feel heavy, others feel light or floaty. Time might feel slower or faster than usual. Everyone experiences it differently, and there's no right or wrong way to feel. You'll remain aware, able to speak, and in control at all times, just like in a conversation. It's simply a shift into a more receptive mental state where helpful change can happen more easily.

For more information, contact your healthcare provider or visit www.louisagreaves.com to book a free 30-minute consultation with a Clinical Hypnotherapist. Alternatively, email us at contact@louisagreaves.com.