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# CLINICAL HYPNOTHERAPY

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## Information for Patients

### **What is it?**

Hypnosis is a totally natural state that we naturally experience many times each day, including falling asleep, waking up, watching TV, and listening to music. Clinical hypnotherapy is a therapeutic technique that utilises hypnosis to address various psychological and physical issues. Hypnosis involves inducing a trance-like state of focused attention and heightened suggestibility, allowing the individual to be more open to therapeutic suggestions. While hypnotherapy has a rapidly growing body of scientific research as a highly effective therapeutic tool and can be beneficial for a multitude of issues, like any therapy, it is not a magical or guaranteed cure for every problem.

### **Is it safe?**

Yes. During hypnosis, individuals are fully awake, experiencing a heightened state of concentration and focus. While the hypnotherapist may guide the individual through suggestions, the person remains aware and in control of their thoughts and actions. It does not involve a surrender of control or free will and the individual is able to stop at any time. Hypnosis should, however, be performed by a qualified and trained professional, such as a licensed hypnotherapist, psychologist, or healthcare provider. This ensures that the process is conducted ethically and with the individual's well-being in mind.

### **What can it help with?**

Clinical hypnotherapy aims to help individuals overcome a range of challenges, such as managing stress, reducing anxiety, unworthiness, overcoming phobias, changing negative behaviours, sexual dysfunction, weight control, childbirth, surgery or medical treatment anxiety, smoking cessation, nail biting, improving sleep, migraines, and addressing certain medical conditions like asthma, chronic pain, and high blood pressure. It also can help with public speaking, confidence, low self-esteem, study recall, memory, exam performance, personal growth, assertiveness, worry, guilt, relationship problems, grief, anger, personal empowerment, stuttering, confidence, and most other concerns you may have.

### **What is a trance state?**

Hypnosis induces a trance state, which is not a state of unconsciousness but rather a heightened state of focus and concentration, with a reduced awareness of the surrounding environment. The brain will move from an alert beta brain wave state into a more relaxed alpha day-dreamy state. The client may experience a narrowing of attention, deep relaxation, and an altered perception of time. In this state, the hypnotherapist can work with the individual to address specific issues, modify behaviours, or promote positive changes in thoughts and emotions. The individual remains aware and retains the ability to reject any suggestion that goes against their values or feels uncomfortable.

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For more information, contact your healthcare provider or visit [www.louisagreaves.com](http://www.louisagreaves.com), or call 0411 571 834 to book a free 15-minute consultation with a Clinical Hypnotherapist.