

# Bonne Santé

## Therapy Centre

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## HYPNOTHERAPY

Hypnosis is a state of altered conscious awareness. It is the concentration of the mind on a single idea to the exclusion of all other thoughts. When experiencing hypnosis you will be able to achieve extraordinary levels of physical and emotional relaxation.

It is a natural and receptive state of mind that happens to us daily, each time we read a captivating novel, float off into a daydream or become engrossed in a film we are in a natural state of hypnosis.

In a hypnotic state the subconscious and conscious parts of your mind can work on the same concept at the same time without conflict. Our fully qualified hypnotherapists use a combination of several techniques to compliment and enhance hypnosis to enable the treatment to become successful.

Some of the issues that can be treated with this way of working are:

Smoking Cessation  
Fears & Phobias  
Depression  
Stress & Anxiety  
Pain Management

Irritable Bowel Syndrome  
Confidence & Self Esteem  
Weight Control & Eating Disorders  
Public Speaking & Speech Difficulties  
Drinking Related Problems

Research suggests that with many areas such as smoking cessation, eating problems and irritable bowel syndrome, hypnotherapy is the most effective treatment.

If you are new to hypnosis then it may be useful to provide some additional information:

You remain in control at all times  
You will not do or say anything against your will  
You remain aware of what is happening  
Guided by a qualified hypnotherapist the treatment completely safe  
You will come out of hypnosis feeling wonderfully relaxed and fully refreshed

Many issues such as phobias and smoking can be addressed in a single session. Eating and weight related problems can take two or three sessions and other issues may need more time.

In order that your particular issue can be addressed you are invited to attend a free introductory session with one of our fully qualified hypnotherapists. This visit will last typically 30 minutes during which you will be able to discuss your problem in complete confidentiality, find out if hypnotherapy would be an appropriate treatment and be given an indication of the number of visits required and the likely cost.

*A Centre of Excellence for Complementary and Alternative Therapies in  
Comfortable and Relaxing Surroundings for Male and Female Clients of all ages*