



# HYPNOTHERAPY

## INFO

**Initial Consultation**  
60 – 75 minutes

**Follow up Sessions**  
Allow an hour

## Clinical Hypnotherapy



“Hypnotherapy is the application of hypnosis as a form of treatment, usually for relieving pain or conditions related to one’s state of mind...”

...Practitioners believe that when a client enters, or believes he has entered, a state of trance, s/he is more receptive to suggestion and other therapy.

The most common use of hypnotherapy is to remedy maladies like **obesity, addiction, pain, ego, anxiety, stress, amnesia, phobias and performance** but many others can also be treated by hypnosis, including **functional disorders** like **Irritable Bowel Syndrome.** **Wikipedia's definition**

A Hypnotherapy session may go something like this:

A client decides s/he needs to deal with something that may have been bothering them for years. This ‘something’ may be quite painful, either physically or emotionally.

It's worth remembering that a physical symptom (usually pain) is the body's way of communicating to the brain that something is wrong.

The trouble is, our **conscious brain** is much too busy thinking, planning and worrying about life that it doesn't always listen to those messages... so, the pain goes on and on... and eventually gets put on to the ‘back burner,’ still simmering away.

But this client is willing to try ‘anything’ to sort out the problem, even hypnosis!

See **PAST LIFE THERAPY & LEARN SELF HYPNOSIS WORKSHOPS**

Learning **self-hypnosis** is a valuable tool for life. It can be used anywhere, any time for anything!

Be empowered and enjoy your life more!



The initial appointment will begin with a relaxed chat to put the client at ease and receptive to a suggestion to go into a more relaxed state.

There may be an opportunity to resolve the underlying issue within this first session.

Remember, **anything is possible!** After all, YOU have the innate ability to heal yourself, should you choose to.

As a therapist, it is my job to merely guide **your subconscious**, (that part of your brain that knows everything) towards the healing process. The rest is up to you!

So, let's get to the nitty gritty....

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Regardless of the potential for change to take place, does the thought of being hypnotised or going into a trance state provoke any areas of concern for you?



## COMMONLY ASKED QUESTIONS & ANSWERS

**Q** Could I say or do anything that I don't want to?

**A** No, your subconscious mind is programmed to protect you. There may be questions that you choose not to answer. This is absolutely the right thing for you at this time.

**Q** Can I have someone with me?

**A** Normally, the sessions are on a one-to-one basis. A loved one or friend may unwittingly affect the session and inhibit the process. They may also go into trance and engage in the dialogue!

**Q** What is going into trance like?

**A** Everyone experiences an entranced state differently. You may feel wonderful! Most people feel very relaxed during a hypnosis session and are aware of their surroundings, aware of sounds, conversation and any emotion. You will always be brought back to full awareness feeling alert and with a sense of achievement.

**Q** Will I feel differently, afterwards?

**A** Let's hope so! Changing a condition or situation will almost certainly make you feel differently! Generally, a calmer sense of being is achieved through these sessions.

**Q** How much does it cost?

**A** How much is your healing process worth? No-one can predict how many sessions it may take to resolve an issue. We all respond in our own, unique way. It may be one session, it could be more.

\* Reduced rates for students or those on a low income. (Proof will be required).

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