



What to Expect in a Hypnotherapy Session

Hypnotherapy is a technique that utilizes hypnosis (a trance) to aid in the treatment of specific symptoms or health conditions. It is effective by itself or as a piece with several healing therapies. Hypnotherapy works by inducing a hypnotic state marked by waking awareness that allows people to experience detached external attention and to focus on inner experiences.

Most people will just feel like they're sitting there with their eyes closed in a chair. They might feel some heaviness; they might feel some relaxation; they might experience something very similar to a meditative state if they've had that sort of experience before. If not, for the most part it's relaxing but to have the expectation to relax is not necessary because hypnosis and induction can be created either through focus or through relaxation.

Some people may experience dramatic results with hypnotherapy. In other cases, people may simply feel very relaxed. Some of the benefits of hypnotherapy may include:

- **Awareness:** Some people remain fully aware during the entire experience. They recall everything that happens and are even able to have conversations while under hypnosis. Other people may experience states of relaxation that are so deep that they may even feel detached from what is happening.
- **Focus:** Most of the time, we are distracted by our surroundings. Whether the TV is blaring, your kids are demanding attention, or your spouse wants to talk, it can be difficult to fully focus on yourself. Our conscious minds are also cluttered. You may be worried about paying a bill, concerned about an upcoming project, or planning tonight's dinner. The therapy session is intended to break through these day-to-day concerns and allow you to focus completely on the problem at hand.
- **Relaxation:** In the hypnotic state, you are deeply relaxed. Your conscious mind is quieted, allowing your unconscious mind to deeply focus on your issue. You are also calmer, and therefore more receptive to facing your problems or fears.

The average hypnosis sessions that are required is about 4 to 6 and hypnosis is proven to be about 93% successful in about 4 to 6 sessions. It has a high success rate. It's important that a person looks at it as a process, it's unrealistic to expect that 20 years of a pattern that's been established can be undone in only 1 session in an hour.

There's often the need to, over multiple sessions, release different things that are all a part of the end symptom, whether it's anxiety or whether it's a phobia. It's a process and it's not one single session that is best for people to understand, so that they're understanding that they have to do some work. Listening to recordings in between sessions is sometimes helpful for some people just to create that different neural pathway, to establish a new behavior that's deeper set into the subconscious mind.



While in trance, its important for you to know you are in charge of the session. You can come out of it at will, and can't be manipulated in any way. It is simply a high state of relaxation that allows you to bypass your conscious mind in order to speak with your subconscious mind.

*Blessings,
Joyce*