**Hypnotherapy Questions & Answers**

1. What is hypnosis?

Simply a natural state of mind. Waking is a state in which we accomplish things. Sleeping is a state where we rest. Hypnosis is a state between the two in which we can use for self-improvement.

2. Can hypnosis be dangerous?

There have been no documented cases of harm coming to anyone from the therapeutic use of hypnosis, ever.

3. Can I get 'stuck' in a trance?

There has never been a documented case of someone unable to come out of hypnosis.

4. What will being hypnotized feel like?

Hypnosis is a very pleasant feeling of deep physical and mental relaxation. It can be likened to the feeling of when you go from knowing you're awake to transitioning into the Sleep State.

5. Can it make me do things I don't want to do?

Hypnosis works with the will, not against it. No one can be hypnotized against his or her will.

6. Who can be hypnotized & will it work for me?

Anyone that has an open mind, reasonable intelligence that is able to concentrate. The only other thing one needs to possess is the belief and desire that they can achieve results. We ALL experience states of trance when we are drifting off to sleep or even day dreaming. I have yet to have a client that is has not been beneficial for.

7. What is hypnosis used for?

It can be used for nearly anything. Here is a few of the most common beneficial uses: Anxiety, Depression (and PPD), Health issues, Pain Management, Stop Smoking, Weight Issues (including dieting, eating disorders, food addictions), Sleep (insomnia), Stress Issues (including tension, high blood pressure), Attitude (overcome anger, negativity), Fears or Phobias, Improve performance (sports, public speaking), and many more!

8. How is hypnosis done?

It can be experienced in a group setting, one on one with your therapist, or even can be experienced as self-hypnosis. As part of your session you will be given techniques for self-hypnosis so that you can support yourself while moving through the changes you desire to make. For children it will be a similar experiencing staring in their own storybook.

9. What is self-hypnosis?

All hypnosis, by right, is a form of self-hypnosis. In other words, you are the one allowing yourself to experience the trance. Different techniques are applied either on your own or with the assistance of a Hypnotherapist as your guide.

10. Is there anything I need to do to prepare for my session?

I do suggest laying low on the any stimulants (such as caffeine) for at least a few hours leading up to your session. This isn’t a ‘must’ but it does lend itself to you easing into a state of relaxation quicker.