**What is hypnotherapy and what can I expect if I come to see you**

I want to put you at your ease if you have never experienced hypnotherapy before. Quite a few of my clients are a bit apprehensive when they first arrive, but there really is no need. Unlike many forms of therapy, this one is very pleasant. Nearly everyone who comes for a session of hypnotherapy goes away feeling much, much better. You are almost certain to leave feeling calmer and more relaxed and often you will experience a profound change in how you see life.

**So what happens in a hypnotherapy session?**

Well, that’s quite hard to say as everyone is different and I will always start by having a detailed talk with you to find out more about you, exactly what your problems are and how they arose. Everyone is unique, so each session is unique.

But that doesn’t really help you if you are a bit worried about coming to see me does it? So I will try to describe what might happen when you come to see me and what hypnosis might feel like for you.

**You help yourself**

After we have explored the issues and problems you face, we might agree that a hypnosis session would be good for you.

I will then help you to put yourself in the very relaxed, but very focused state which we call hypnosis.

**You have experienced hypnosis already**

The first thing to say, and this might even be a bit of a disappointment, is that hypnosis may seem very familiar to you. This is because the state of hypnosis is actually very similar to the state we call day-dreaming. It is also similar to those times when you are concentrating so hard on something that the rest of the world seems to fade away into the background.

We know that this state is a good place to be if you want to make changes in how you perceive things. To help you create that state, I will help you relax physically by using special techniques to help slow and calm your breathing, relax your muscles and let go of any tension. When your body is relaxed, I will then ask you to imagine certain things which we know can help you feel safe and calm. This will help your mind drift into hypnosis.

Because hypnosis is a natural state and one which we all slip in and out of all the time, it is easy to create. You need make no special effort, just as you make no special effort when you drift off in ordinary life. (Go on, admit it. When Auntie Flo’ was droning on about her hospital visit you were day dreaming about your next holiday weren’t you? You had hypnotised yourself, you just didn’t know it then). So you don’t have to do anything or make any effort, just go with the flow.

Then when you are in this very pleasant state we can start working out how to solve those problems. But more of that in the next post.