Welcome to Week 8

How to keep up the good work

**Carry on looking after yourself**

Usually I see clients for between 8 and 10 sessions, but this very much depends on how quickly progress is made and what brought them to see me in the first place.

Nearly all my clients ask this question as their sessions are drawing to an end. What do I do now? How do I make sure I do not slip backwards.

I always give a shout of congratulation when I hear this. It shows that my client has understood that they are in charge and they can take responsibility for their wellbeing.

You may be wondering about this yourself. Perhaps you have got some help for your problem before and it seemed to get better, but then you found yourself back in the same old patterns.

A good hypnotherapist should be aware of this. It is a good idea to talk to your hypnotherapist about this even before you start. After all, it is no good giving up smoking or eating less when you are seeing your hypnotherapist and then going back to the old ways when you stop. So ask your hypnotherapist what they suggest to help you stay successful and okay when you are no longer seeing them.

**I usually say this to my clients**

Hypnotherapy can completely change the way you think and react and often you will just know this is true. Don’t lose confidence in yourself, you made these changes and enjoy them. Then I suggest you take a close look at exactly what you are doing now you have changed. Pay attention to you and then work out how you can continue to do what you are doing which is so successful.

Value yourself and make time for yourself. If you have a series of sessions with a hypnotherapist, then you will have found some techniques and tools which your hypnotherapist thought they were especially valuable. Talk to your hypnotherapist about how you can use these in your future life.

It is a good idea to get into the habit of looking after yourself mentally every day. Make a promise that you will do this for yourself for the rest of your life. Then you can use that time to listen to a hypnosis download from your therapist, to practise self-hypnosis or to explore some related techniques to find what really works for you at this time. And what suits you will change over time so prepare to be flexible.



Making sure you choose a good hypnotherapist

There is no statutory regulation of hypnotherapy in the United Kingdom which, unfortunately in my view, means anyone can set up and call themselves a hypnotherapist.

The stories which appear in the press occasionally about rogue hypnotherapists put a lot of people off accessing this powerful and effective form of treatment.

So here are some ways you can protect yourself.

**Choose a professional**

**Check they are on the CNHC register**

There is now more regulation of hypnotherapy than in previous times and this can help you to choose a hypnotherapist and be sure that they are a reliable professional.

I would advise that you choose someone who is on the register which is held by the Complementary and Natural Healthcare Council. This is what the CNHC says about itself:

“The key purpose of CNHC is to act in the public interest and enable proper public accountability of the complementary therapists that it registers. CNHC acts in the public interest by:

keeping a register of practitioners who meet national standards of practice in their work

setting the standards that practitioners need to meet to get onto and then stay on the register

requiring CNHC registered practitioners to keep to our strict Code of Conduct, Ethics and Performance

investigating complaints about alleged breaches of the Code

imposing disciplinary sanctions that mirror those of the statutory healthcare regulators

CNHC provides a register of complementary therapists from fifteen different [complementary therapies](http://www.cnhc.org.uk/index.cfm?page_id=86&sid=4).

You can find who is on the register in your area by searching the <https://cnhcregister.org.uk/newsearch/>

**Choose a specialist**

Hypnotherapy can be used for a great number of conditions and issues and some techniques within hypnotherapy are particularly effective for certain issues. Because hypnotherapy can be used for so many things it is impossible for any of us to keep up with everything which is going on.

I would strongly advise you to see someone who specialises in the field where you need help.

They will have more experience in helping people with similar issues to the one which you need help with.

They will keep up with the latest research and developments in their field so will be able to offer you the top treatments available currently.

They will network with other experts in their specialist field and so pick up new techniques and ways of doing things.

They will be passionately interested in the issue which is concerning you, that is why they chose to specialise in that field.