



Dear Reader,

Thank you for your interest in Hypnotherapy to assist you in removing your problem safely and effectively. I am a professional Hypnotherapist & Psychotherapist, specialising in Hypno-Analytical Therapy.

I have been in practice since 1993, as well as manager of the Institute of Clinical Hypnotherapy & Psychotherapy, and a founding member of the Irish/International Hypnotherapy Examiners Board.

I am currently the Principal & Director of the Scottish Institute of Clinical Hypnotherapy & Psychotherapy (SICHP) and teach ethical hypnotherapy to students who wish to receive a nationally recognised qualification.

I hope that the enclosed information will answer any questions you may have, and I look forward to meeting you in the near future.

Yours faithfully,

Eric A. Delea

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## **Hypnosis**

Hypnosis is one of the most fascinating, and misunderstood subjects in the world. From stories of miracle cures to reports of hypnotic mind control, the subject of hypnosis conjures up images of magic, hocus pocus, and an array of confusing and incorrect thoughts and images in the mind of the average person.

This is, most unfortunately, the result of bad media representations of the subject. Newspaper headlines wrongfully stating that hypnosis was to blame for the brainwashing of an individual in some cult; movies displaying the complete manipulation of a person by a cloaked 'hypnotist' with piercing eyes; and crude hypnotic stage shows have done little for the image of hypnosis as a powerful tool for change.

### ***So what exactly is hypnosis?***

Hypnosis is an altered state of consciousness, very similar to a daydream state, where you take a moment away from the stresses of life, and quite simply relax and unwind. The wonderful thing about hypnosis, is that once you have learned the relaxation techniques, you can relax at will in any situation. That, in itself, is an excellent reason to be hypnotised. But that is merely the beginning of what can be achieved through the use of hypnosis.

### ***What else can hypnosis be used for?***

There are many uses for hypnosis, varying from the basics such as relaxation and stress relief, to slimming, smoking cessation, nailbiting, exam nerves etc. Other problems that can be dealt with include fears and phobias, pain-free surgery, and dental hypnosis. And these are just a few of the areas that can be assisted by the use of hypnosis.

### ***So how does hypnosis work?***

Hypnosis works by relaxing both the mind and body, and allows access to the deeper part of the mind, or the subconscious part of the mind. It is here that all of your memories, habits, and your imagination are stored. By

using positive suggestions, bad habits and worries can be eradicated, and replaced with more positive thought patterns.

### ***Is this safe?***

When used correctly and ethically, hypnosis is extremely safe and effective. To be hypnotised, you must want to be hypnotised. You are always in full control, and at any time are able to open your eyes and walk away. Hypnosis is only a daydream state, not like sleep in the least, and therefore you are able to hear, see, smell, feel, and touch as well as in the normal waking state. In fact, as hypnosis heightens awareness, it is quite likely that all of your senses will be improved rather than dulled. This is why hypnosis is often used in finding lost objects and in many court testimonials throughout the world.

### ***Who can be hypnotised?***

Almost anyone can be hypnotised, as long as they are willing to be hypnotised. The only people who can not or should not be hypnotised are those under the influence of drugs or alcohol, really young children, and persons suffering from severe mental disorders. Hypnosis should not be attempted by unqualified people, and I suggest that you should investigate the qualifications of any hypnotist or Hypnotherapist that you are considering attending for treatment of any kind.

## **Hypnotherapy**

Hypnotherapy is a combination of hypnosis and some form of psychotherapy. You may wish to attend a professional Hypnotherapist to lose weight, or to stop smoking. You might want to enjoy a more relaxed lifestyle, or overcome your fear of flying. In any case, seeking out a properly qualified Hypnotherapist can be an excellent decision.

There are two main types of Hypnotherapy we use, and they are both outlined below.

### ***Suggestion Therapy***

Suggestion therapy is used for everyday problems, such as slimming, smoking, nail biting, stress, exam nerves etc., and can be most effective. It usually consists of one session with the Hypnotherapist, of 45 minutes to one hour's duration, and is accompanied by a hypnotic tape or CD that you listen to at home, so as to reinforce the suggestions given during the session. Different therapists have different styles and techniques, so you may find that three sessions are required. But for this type of therapy, three sessions would usually be the maximum – *Price: £50 per 1 hour session*

### ***Hypno-Analytical Therapy***

Hypno-Analytical therapy, or Hypno-Analysis as it is also called, is of benefit to those suffering from fears, phobias, depression, compulsions, obsessions etc. This type of therapy is much more condensed than traditional psychotherapy, and usually consists of between five and twelve sessions of 45 minutes to one hour, and eight sessions would be considered the average. With this therapy, the originating cause of the problem is found and removed, allowing you to live a more fulfilled life, with you fully in control. – *Price: £30 per 1 hour session*

## **Introductory Talk**

Most therapists offer an introductory talk of some kind for Hypno-Analytical therapy, where you can ask questions about the therapy, talk about your problem, and see if the therapist is suitable for you, before you embark on therapy. Some therapists charge a fee for this talk, but personally, we offer this introductory talk free of charge. Make sure that you ask for pricing information before you begin, and ensure that you are under no obligation to continue therapy unless you so wish. The introductory talk that we offer is of approximately 30 minutes duration, and you are under absolutely no obligation to continue with therapy. – *Price: FREE per 30 minute session*

On this page, I have taken the liberty of suggesting some questions that you can ask your local therapist before embarking on therapy. These questions will act as safeguards for you to ensure that you are dealing with a professional and qualified Hypnotherapist

### ***Can you tell me a little about your qualifications?***

You have a perfect right to know how qualified a therapist is. You are, after all, putting your trust in them. Your therapist should be a graduate of a recognised, reputable training school in Hypnotherapy, and should oblige you with their contact details on request.

### ***Are you a member of any Hypnotherapy Associations?***

Again, you are entitled to ask this question. Your therapist should be a member in good standing of at least one professional association relating to Hypnotherapy, and should oblige you with the association's contact details on request.

***Are you covered by professional indemnity/public liability insurance?***

Your therapist should be insured in the case of a malpractice suit. To practice without insurance is a sign of incompetence.

***Can you send me a brochure?***

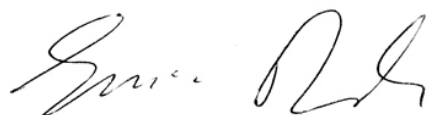
Your therapist should have a copy of his/her brochure available to you. You can read this at home to find out a little about the services they offer, and the pricing of their services.

These questions should give you some idea as to what you can expect from your local therapist. Remember, if you have any questions or doubts, don't be afraid to ask. And if you are not sure or are uncomfortable with a particular therapist, choose another therapist. You deserve to have the most professional care and attention available, so screen your prospective therapist well.

I hope that this information has helped you to come to a decision to rid yourself of your problem, and allow you to get on with your life.

Please feel free to contact me with any questions.

I look forward to meeting you in the near future.



Eric A. Delea

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