

# CLINICAL HYPNOTHERAPY

Many people think that hypnosis is a sort of mumbo-jumbo and something which can mess with your mind. Others think it is a quick fix.

These are actually myths and misconceptions arose from its historical connection with mysticism.

In fact, **Hypnosis is as old as the human race**, as found in the folklore of ancient cultures, and even today Hindu medicine men practice their ageless forms and variations of hypnosis for healing purposes.

Despite the skepticism though, Hypnosis has become an evidence-based, **widely appreciated complementary therapy**, with over 70,000 research references worldwide and an excellent track record. As any other modality, It is not a magic wand but it requires that the client be committed to change and prepared to make the effort to make that change a reality.

Hypnosis, also referred to as hypnotherapy or hypnotic suggestion, **is a trance-like state in which we get heightened focus and deep relaxation**. This "focused state" is actually a natural state occurring many times during the day, like when you are being wrapped in a book, movie or music.

This different state of consciousness can be also skilfully induced **and then utilised for therapeutic purposes**. In this way, hypnosis becomes an effective way of making contact with our inner (unconscious) self, which is a reservoir **of unrecognised potential and knowledge** and which constantly works to achieve our most inner desires.

By accessing our unconscious resources (power, wisdom) with a particular intent (selective thinking) **we have the ability to correct and/or create new beliefs, habits and behaviours** that are more satisfying of our identified needs and requirements and above all, more aligned to who we really want to be and to what we want to experience.

We could say that Hypnosis is an education and communication process by which the conscious mind and the subconscious mind agree because

**" what the mind agrees with, the body will respond to"**



## HOW IT WORKS

I will explain the process and together we will review your treatment goals.  
I will then, with a gentle tone and soothing images, be guiding you into a  
state of **deep relaxation**,  
which will **facilitate a sense of security and well-being**,  
allowing you to more easily  
let go of judgement and critical thinking.

This receptive state is the best environment for  
**directing your unconscious mind**  
to support your conscious desires, needs and goals.

I may also help you visualise some vivid, meaningful mental images  
of yourself accomplishing your plans.

When the session is over, I will help you end your state of deep relaxation  
while maintaining that comforting sense of well being.

Contrary to how hypnosis is sometimes portrayed in movies, during the session,  
you remain **fully conscious of everything that is going on around you**,  
and generally you remember what happens.

Clinical hypnotherapy uses hypnosis and other techniques to treat a variety  
of medical and psychological problems like:

Anxiety  
Asthma  
Chronic pain  
Fears and phobias  
Smoking  
High blood pressure  
Insomnia  
Panic attacks  
Stress  
Migraine  
Obesity  
Thumb sucking  
Sleep problems  
Sexual problems  
Stuttering

*If you want a different outcome, you will have to break the habit of being yourself  
and reinvent a new self*  
-Dr. Joe Dispenza-



# VIRTUAL GASTRIC BAND AND WEIGHT BALANCE HYPNOTHERAPY

Here at Wellmindedness you will receive all the support you need to **become aware** of the emotional triggers and behavioural patterns that are hidden behind your weight issues.

This honest and non judgemental assessment of your internal world, will help you to actively and consciously choose more healthy, responsible and sustainable living habits, without feeling deprived, miserable or hungry.

The program consists of:

- 5 sessions of hypnotherapy (usually once a week)
- 2 personalised audios
- an e-guidebook
- daily reminders for emotional and practical healthy living
- ad hoc support

## HOW IT WORKS

The Virtual Gastric Band is a NON-surgical technique which uses the power of hypnosis to condition the sub-conscious mind into believing that a band has been placed around the top section of the stomach in order to create a smaller stomach pouch.

In other words, it retrains your mind and body to be satisfied and feel full with smaller amounts of food.  
No more need for that second serve!

VGB changes the way you think and act around food and gives you safe and lasting results, predicting than on average a person lets go of 1-2 kg per week.

*The 'secret of life' is BELIEF.*

*Rather than genes, it is our beliefs that control our lives.*

*The moment you change your perception is the moment you rewrite the chemistry of your body.*

*-Dr. Bruce Lipton-*

