

## About AACHP

The **Australian Association of Clinical Hypnotherapy & Psychotherapy Inc.** is based in Melbourne and has members in many parts of Australia. The AACHP is a member organisation of the Council of Clinical Hypnotherapists, a peak body for Clinical Hypnotherapy in Australia, which sets professional standards for the safe and ethical practice of Clinical Hypnotherapy.

You can feel confident about approaching any of our members, all of whom have successfully completed approved training courses, are bound by a strict code of ethics and are required to complete on-going professional development on an annual basis to continually refresh and enhance their skills and knowledge.

You can find out more about us by visiting our website at [www.aachp.com](http://www.aachp.com)



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Your local AACHP therapist is:



The Australian Association  
of  
Clinical Hypnotherapy & Psychotherapy  
A0036986V

*Professional caring help with your  
personal and lifestyle issues*

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## *What can Hypnosis do?*

There really is only one correct answer to that question and it's an answer that often surprises many people at first

NOTHING.

That's right. Hypnosis does absolutely nothing at all other than, in most cases, create a state of supreme relaxation. So how does it help people?

Many people are not aware that there is a distinct difference between **hypnosis** and **hypnotherapy**... in fact, it's not the hypnosis part of the equation that helps people to make changes in their life but the therapy that is applied during the state of hypnosis. That's why it's called hypnotherapy.

## *The right sort of care*

It is actually quite easy for any person to learn to effectively and safely hypnotise another, so it is important to ensure that the therapist you choose is a competent therapist and not just somebody who has learnt the knack of getting people into hypnosis.

In addition, there are many different ways that a therapist can work, so it is even more important that you consult with somebody who knows how to provide you with the right sort of care for your particular problem.

## *How can it help?*

At one end of the scale, hypnotherapy can be used to overcome habits like cigarette smoking or nail biting, provide a confidence boost for an exam or driving test or maybe help to provide a "kick start" when you need to increase motivation.

At the other end of the spectrum, it can work alongside "standard" medicine to assist with post-operative care and many doctors now recognise its uses in helping to manage even acute and chronic pain. It has even been used in place of chemical anaesthetic.

In between there are many other things for which it can provide effective help including various forms of stress and anxiety, psycho-sexual difficulties and many other mind-related matters.

Most practitioners will be happy to discuss your needs in some detail prior to your first appointment.

## *How much will it cost?*

All therapists run their own consulting rooms and set their own fee structure so we cannot advise you fully here. Most therapists will offer concessions in cases of financial hardship but please also remember that although a therapist's primary concern is to help you, even if your money situation is "awkward", the work they do with you is also how they make their living.

## *The things people say...*

There are many "myths" that surround the use of hypnosis... the following list, though not exhaustive, should help to dispel any groundless worries or fears that you might have.

- ❖ *You cannot "get stuck" in hypnosis – this is actually quite impossible.*
- ❖ *You cannot be made to do or say things you don't want to.*
- ❖ *Hypnosis is not sleep though it may feel like that at times - you are aware of yourself and your surroundings.*
- ❖ *You can leave the hypnotic state whenever **you** want to.*
- ❖ *You will not suddenly blurt out any deep dark secrets!*
- ❖ *You are not in anybody's power and nobody can take control of you in any way.*
- ❖ *There is no such thing as a standard "hypnotised feeling" so you may not actually "feel hypnotised". What is most likely is a feeling of calmness and relaxation and not everybody experiences this in the same way.*