

## Hypnotherapy, Psychotherapy and Hypno-analysis

These therapies are sometimes referred to as the "talking therapies", the majority of which are performed in Conscious Hypnosis.

The ultimate aim is to ensure freedom from whatever has been restricting your capacity to make the most of yourself and your life. Used either independently or in combination they can often facilitate rapid, positive change and are particularly effective where emotional or psychological forces are involved. Like any form of treatment, therapy cannot guarantee an absolute cure, but it can successfully treat most problems where psychosomatic forces are involved. It involves commitment, co-operation and motivation - and often hard work by both the client and the therapist.

Some problems necessitate an eclectic approach and the therapist may use a combination of approaches and techniques, including EFT.

If there is something inside you but out of your control, hypnotherapy can help.

For further information about hypnosis and the therapies used at New Horizons, please visit our website at [www.hypnotherapyireland.net](http://www.hypnotherapyireland.net).

## Overcoming cancer side effects Specialist

For an informal chat,  
appointments and a  
FREE introductory CD

Phone: 0879373902

Children are welcome, and an adult must accompany minors under the age of 18.

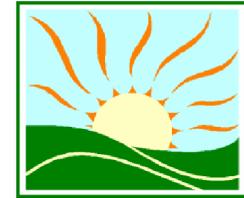
## What can hypnotherapy help with?

**Hypnosis is beneficial** and safe, and can be used in so many ways, at New Horizons we use hypnotherapy to help our clients to achieve positive change in areas such as:

- Achieve Self acceptance
- Build Self Confidence & Esteem
- Eliminate Bad Habits
- Enjoy Public Speaking
- Excel in Sports
- Improve Memory
- Increase Concentration
- Learn to Relax
- Lose Weight & Maintain Goal Weight
- Manage Stress & Nervousness
- Normalise blood pressure
- Overcome Bashful Bladder
- Overcome Exam Anxiety
- Overcome Fears & Phobias
- Relief from Allergies & Asthma
- Release Grief & Sorrow
- Remove Blushing
- Remove Panic Attacks
- Sleep Well
- Stop Nail Biting
- Stop Smoking
- Unleash Sales Ability
- And Much More....

# New Horizons Hypnotherapy

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[www.hypnotherapyireland.net](http://www.hypnotherapyireland.net)

## **WHAT IS HYPNOTHERAPY?**

There are two types of treatment in Conscious Hypnosis, and they are also used in combination..

### **•SUGGESTION THERAPY**

This works well with simpler problems such as smoking, nail biting, exam stress, weight problems, confidence where there is no anxiety involved, and usually require only one to three sessions. Sessions last 1 hour or so and includes a free personalised hypnotherapy CD which will maximise the desire for change as you enjoy the most rapid and positive results.

### **•ANALYTICAL THERAPY**

Briefly, this finds the root cause of the problem or symptom and removes it, thus bringing lasting release to the client.

This doctrine is called “cause and effect”, Analysis reveals the cause and consequently relieves the symptoms. The moment of liberating enlightenment may come anytime, but usually around session six. One can be fairly confident that release will be obtained within eight to ten sessions or even shorter.

Combination therapy is often used, which is a 3-6 session approach combining suggestion with shorter analytical techniques and often EFT or other therapies.

### **INTRODUCTORY CONSULTATION - NO FEE**

Should you wish to come and discuss your problem (except Suggestion Therapy) before embarking on therapy, please phone and request an introductory consultation with no fee and no obligation. Please also ring and request a free introductory CD about hypnotherapy.

Each person and each challenge is unique. Therefore the number of sessions required varies. Every course of therapy includes a free hypnotherapy CD to re-enforce the work at home.

The hypnotic state is now recognized as a normal capacity of the mind. attainable by almost all people. Recent research has indicated that it is not necessary to be a “good subject” to reap the potential benefits of hypnosis. Often, in fact, the greatest gains are made by those who reach only a light or moderate stage.

### **WHAT IS A HYPNOSIS SESSION LIKE?**

**Your hypnosis session is confidential.** It is a time for you to use the training of your hypnotherapist to enable you to make some dramatic changes in your life.

First, you will learn about hypnosis. Most of your first session is educational, you will get to understand how you will be using hypnosis and how your subconscious mind operates. It has been demonstrated that when people know more about hypnosis they tend to do better in the hypnotherapeutic process.

After all your questions about hypnosis have been answered, then and only then will you be guided into a state of hypnotic relaxation, where you will begin the process that will help you to rapidly achieve your desired results. After you emerge from hypnosis, you will spend some time talking about your experience.

Before you leave, your next appointment should be scheduled with your hypnotherapist. It is recommended that the sessions be spaced no more than a week or so apart. Here at New Horizons, we use a short term client-centred approach, so sessions usually run between three to ten, depending on the issue at hand.

### **HYPNOSIS-THE MODERN SCIENCE**

Hypnosis, once regarded as little more than a primitive ritual was formally recognized by the British Medical Association in 1955 and the American Medical Association in 1957 as a potent weapon in the treatment of a host of problems.

**WHAT IS HYPNOSIS?** The word hypnosis is derived from the Greek word for sleep. However, there is no connection between hypnosis and sleep. It is a complete misconception that if you are hypnotized, you are asleep or in any state of unconsciousness. You are in fact able to hear, talk, move and think. There are really no physiological differences between a person under hypnosis and someone in a normal, conscious state.

**WHO CAN BE HYPNOTIZED?** Up to 95 percent of people can be hypnotized to some degree. A hypnotist can test in advance how well a person is likely to respond.

While in hypnosis, you cannot be made to do things you would not normally do. In fact, you can not even be hypnotized against your will. You are always in control of your mind and are aware of what is going on.

Induction into a hypnotic state, whether by a hypnotist or through self-hypnosis, is not complicated. The subject sits or lies in a comfortable position, takes a few deep breaths, concentrates on a thought, object or point in space, and is instructed to relax. (Gadgetry like swinging watches and flickering candles are usually seen only in old movies.)

Contrary to what one might assume, the most readily hypnotizable people are neither weak willed nor of limited intelligence. Rather they are bright, imaginative people with normal powers of concentration who can become deeply involved or committed to a specific, beneficial goal.

Sessions are held by appointments only, so please contact us by email or phone on

**Tel: 087 9373902**

**Email: [changes@hypnotherapyireland.net](mailto:changes@hypnotherapyireland.net)**

Your confidentiality is assured at all times.