

5 THINGS YOU NEED TO KNOW ABOUT HYPNOTHERAPY

THE FIRST STEP TO A NEW YOU

*'Thank you, Chris, for this life changing
experience.'* Jane, Plymouth

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'A life-changing experience.'



Let me ask you some simple questions:

How do you feel right now?

What would you be doing if you didn't feel this way?

Who would you be sharing those experiences with?

**What if I told you that in a few weeks
your life could be vastly different?**

Lasting change comes from altering the way we think about things. Imagine what your life would be like if you focused on what you wanted in your life rather than what you don't want. This positive way of thinking is more achievable than you might think.

Don't take my word for it, here is what Jane from Plymouth told me:

'I felt it would only be fair to comment several weeks after my last session with Chris. I had 4 sessions with Chris and really found a significant difference after the first session. After 4 sessions, I felt completely different. Very positive, very relaxed and the whole stress has disappeared. I kept feeling as if I would go back to the way I was at any time, but several weeks after I haven't.'

I'm still really chilled and problems do not appear to be problems anymore. I just deal with them. It has helped free up my time as I'm more productive and it just feels like my brain has been rewired!! I'm now finding time to do the things I wanted and live a healthier, more balanced lifestyle. Thank you, Chris, for this life-changing experience.'

What is stopping you from getting a better life?

Jane's life is hugely different now, and she is living life to the full again. You could be like that too. What is stopping you? You may have questions that I can answer in my FREE initial consultation where the process is explained, and I go through how and why hypnotherapy works. However, maybe you still have some doubts. That's ok, many people have questions that stop them from finding out more, so here are a few typical fears that people have.

Cost

You might think hypnotherapy is expensive. Why is that? We often pay for things regularly that we consider to be expensive out of necessity, and others as a 'reward' to ourselves. Let us have a look at areas of your life where you might need help and what it costs.

Many people go privately rather than wait for a doctor's appointment, but what is the cost? A private appointment with a BUPA GP is around £70 for 15 minutes and £128 for 30 minutes.

When you get home after a night out the carpets are soaking wet, there is a leak somewhere in the house. How much for a plumber? There might be a 'call-out charge' of £100, plus the average UK cost of between £40- £60 per hour.

What happens when your car breaks down? My car recently went into the garage for some repairs and they charged me £60 per hour for labour but main dealers might charge up to £100!

Maybe you want to pamper yourself and have a beauty treatment. A beauty clinic I know charges £75 for a 1-hour Illuminating Spa Facial. No, it is not for me, although it might be relaxing. Maybe I should ask my wife!

Occasionally I see an osteopath for sports injuries, and he charges an initial consultation of £58 for a 45-minute assessment, then £48 for a 30-minute treatment.

These are typical costs for solving what might be a one-off problem or therapeutic treatment. We often hear of hidden costs but what are the 'hidden' benefits of hypnotherapy? Think of all those times that you go to a shop and you see BOGOF. No, I am not being rude, but buy one, get one free! Because hypnotherapy works so effectively on helping you to think positively you may see benefits in other areas of your life. Many of my clients come to see me for one thing then change in other ways too.

Let us imagine a client is suffering from anxiety, lacks confidence but would like another job or relationship. They also smoke 3 packs of cigarettes a week costing £39 and drink 6 pints a week at a cost of £24. Each month they spend £232! As they grow in confidence, through the therapy, they give up smoking, drink less, feel happier and save money too!

My **FREE initial consultation** and £70 per hour is good value for helping you find peace of mind, happiness and getting your life back on track? There are also discounts available if you work in one of the key professions that I support, just ask, and find out more. Not only that, but you will also have the knowledge and confidence to cope next time you face a challenging situation.

Sharon from Bristol is a typical example of someone who found the solution to her problem far more quickly than she expected.

'Insomnia was sucking all the joy out of life for me. Without sleep, everything is just too hard. The initial consultation with Chris helped enormously, and after just two more sessions I was sleeping properly every night.'

You will turn me into a chicken!

Many people will have seen or heard about stage hypnosis and have a perception of what the therapy might be like. There are similarities and differences between stage and therapeutic hypnosis. The main and most obvious difference is the outcome. Stage hypnosis is to provide entertainment, while we are aiming to support our clients in achieving a long-term goal, such as reduced anxiety, better sleep, or weight loss. In Solution Focused Hypnotherapy we help clients find solutions through stories, language patterns and positive conversation. Stage hypnosis is only a temporary effect that ends with entertainment.

The start of the hypnotic process is common to both forms and makes the individual more receptive and relaxed. Stage and therapeutic hypnotists are both looking for receptivity indicators to find either the best stage volunteers or the best style for the client. It is important to find how open to suggestion individuals are through suggestibility or depth testing. In stage hypnosis, the performer might look for someone to imagine that a broom is their favourite Hollywood actress and that they are dancing together in a nightclub. This is to achieve a physical response that the audience will find entertaining. In a therapy setting, we may suggest through a language pattern that you can see your 'reflection and notice that something has changed ... perhaps it's that you are standing more confidently... or that there's a smile on your face, or happiness in your eyes...' to get you into a more relaxed and confident state.

Debunking the myths about hypnotherapy is key to helping our clients relax and be active in the therapy. So, there will be no clucking sounds!

Phil from Bristol wanted help with anxiety and was a little nervous about the first appointment however after his trance session he told me:

'That was amazing...I feel so relaxed.' Phil, Bristol

It will not work, I can't be hypnotised

The trance state that clients go into is very relaxing. There is nothing to fear. We go into trance states all the time, while out jogging, listening to music, reading a book, or watching a good film. It is possible to hypnotise anyone, and they will not do anything they do not want to do. At the initial consultation, you will find out why you think the way you do and what you can do to change that thinking. It is about connecting with the subconscious part of your brain and helping you to relax.

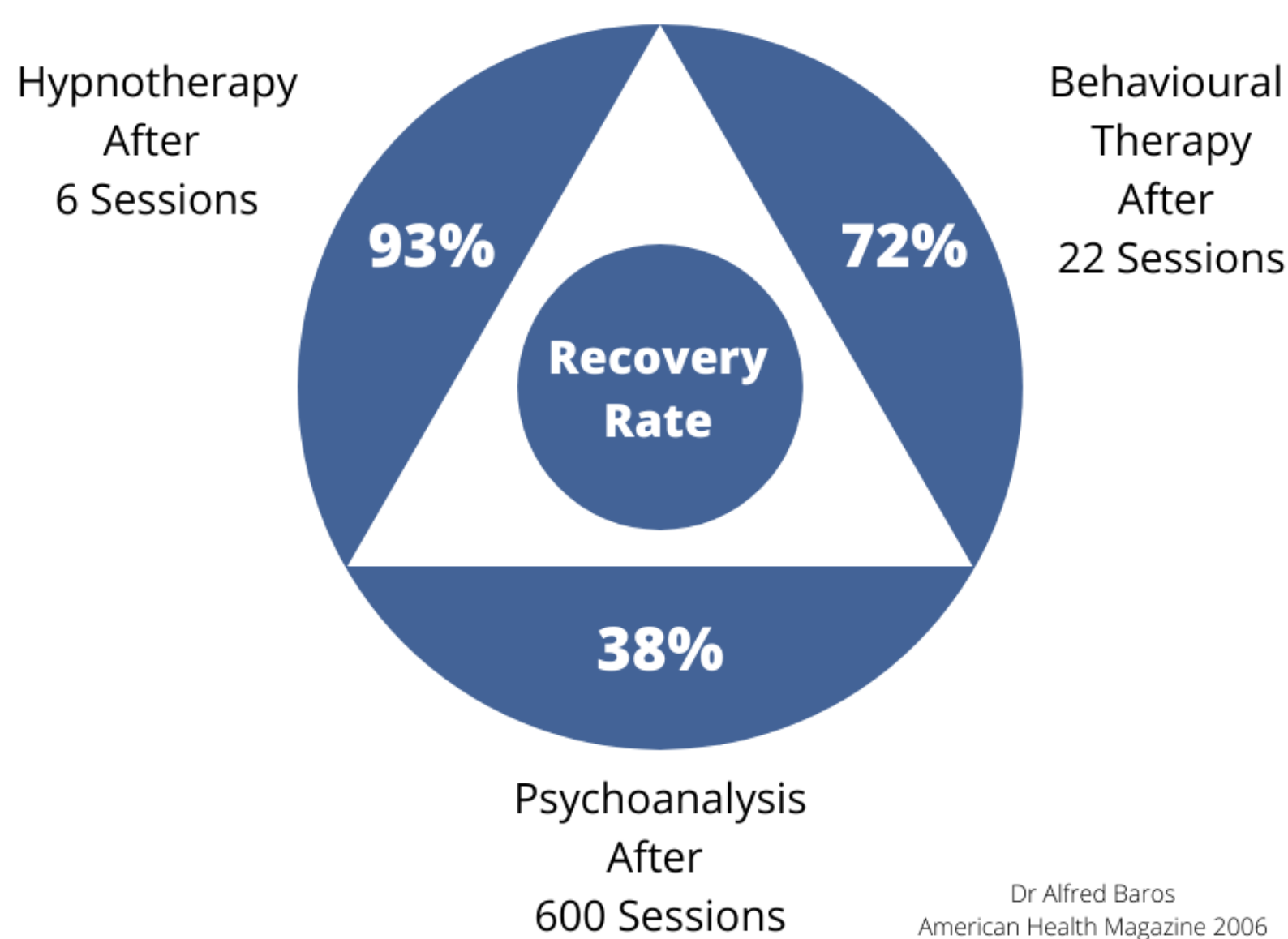
The subconscious mind is like the hard drive of a computer. It stores our beliefs, memories, skills, and experience. Driving a car is a brilliant example of how repetition and logic work together to create an automated response.

When we first get behind the steering wheel of a car, it is very daunting. There is so much information and new skills to master that often we feel overwhelmed. We must concentrate on every single manoeuvre and cannot talk to a passenger because we are using only our conscious mind. With practice and experience steering, judging distances, changing gear etc all become natural and automatic. Our driving memory has been moved from the conscious mind to the subconscious, autopilot takes over, freeing our conscious mind to sing along to our favourite tunes or have a conversation. The subconscious mind is also where our automated responses come from. When we face something new, such as a job interview, going to the dentist or an exam, it triggers feelings and emotions of anxiety or fear that take over our conscious mind. Through hypnosis we can relax a client and re-wire these responses, changing them from negative to positive.

Will it work for you? You must do the homework, which is relaxing, listening to the audio, and setting a weekly goal. Those who are unsuccessful do not listen to the audio and/or finish the course. I have treated clients with a range of conditions, OCD, anxiety, school phobia, smoking, alcohol abuse, pain, depression, and many others.

Scientific research also shows the tremendous power of hypnotherapy. A study by Dr Alfred Barrios in the USA, tells you all you need to know about how effective hypnosis is, and this is mirrored in my own work with clients.

HOW EFFECTIVE IS HYPNOSIS?



My life is too busy; I cannot find the time.

We are all busy and finding time for yourself can be a challenge. Would you like to be able to book online and have freedom and flexibility to get the help you need? Time to Think Hypnotherapy offers all its sessions online via Zoom. You book a time, get sent an automated email and link to your call. Appointments are available when you need them and in the comfort of your own home or office. All you need is a place to be quiet and comfortable. What could be simpler than that.

No matter where you are in the country, or the world,
the solution to your problem is just a mouse click away.

Book your FREE consultation and get your life back today.



It can transform your life...

Having a better life is something we all aspire to and to achieve that all you need to do is take the first step by booking a FREE initial consultation. There is no obligation for further sessions, but these people did, and they are happy, stronger, more focused, confident, sleeping well and enjoying life again.

'I can't thank Chris enough for what he's done for me. I suffered from social anxiety and depression and I saw him 5 times and I am a stronger person now. I've recently had something else happen to me and because of what he showed me and taught me to do, I couldn't be stronger through the situation! This works! Highly recommend! Jack, Weston-super-Mare

'Thanks, Christopher... I am grateful because you made me change my attitude towards uncertainty and irrational fears.' Jose, Bristol

'Thank you for today, he is more focused already. I am confident he's going to get through this now. You've definitely had a massive impact on him. I am so grateful!' Jackie, Weston-Super-Mare

'Thanks, Chris... two [consecutive] eight-hour night's sleep... wow!' Tina, Bristol



'Good news!! Back from the cruise and all went well with no anxiety or panic moments at all. All the excursions went well [and] didn't get to the panic stage as previously. All the travelling where I would normally expect some sort of anxiety went smoothly. We had a lovely holiday and some of that must be accredited to you.' Jeff. Bristol

'I wanted to say a HUGE THANK YOU for what you've achieved for me so far. I started listening to your guided meditation on Friday night, but was only aware of the first ten minutes before sinking into sleep and waking at just gone 5 am! The best sleep I have had for two and a half months! I can't tell you how wonderful it feels to be joining the human race again, I was starting to think there was no solution, especially when the Doc suggested that I must be depressed, but just unaware that I was - makes me wonder how many people have followed his advice and ended up on anti-depressants for years! I love the coloured imagery within your story and your delivery is fabulous. Ali, Cambridge

'I feel really much better and can't thank you enough for your sessions and audio. I learned not to worry too much about things I cannot change. Your wonderful sessions work miracles!' Assel, Bristol



Why wait? Book a FREE initial consultation
and get your life back on track.

www.timetothinkhypnotherapy.com