

**David Holmes**  
Hypnotherapy

## **Goal Directed Hypnotherapy**

**Overcome problems  
Feel great  
Achieve your goals**

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## Hypnotherapy

### Does Hypnosis Work?

Yes, hypnosis does work. In fact, it is a very powerful process which you can use to effect positive changes in your life.

Hypnosis isn't something you either believe in or don't believe in. It's a scientific fact underpinned by a huge collection of evidence supporting its effectiveness.

The problem is that many people have an inaccurate understanding of what hypnosis is. This is due to the way hypnosis is presented in the popular media as something that can 'make people do funny things'.

There is no defence in law that you can be made to do something by hypnosis. It just isn't possible. Even those people you see on TV, dancing around and barking, are volunteers, doing something they want to do (for one reason or another).

In a therapeutic setting hypnosis is used as a tool to put you back in control of your life and to achieve amazing goals. It can help you to get rid of old habits, negative ways of thinking and behaving, and replace them with positive new habits, like relaxation, motivation, and feeling more confident.

The fact is that hypnosis doesn't make you do anything you don't want to do.

Fully understanding this fact is the first step in realising just how powerful hypnosis can be as a tool for change.

It is a tool that, once you learn how to use it properly, can help you achieve just about any goal you set your mind to. Because of this, one of the first things we do is to make sure that you have clear goals set, and then together we develop a plan to get you there as quickly as possible with a great expectation of success.

### What is Hypnotherapy?

Have you ever been so involved with a task that you have lost track of time? Have you ever driven from one place to another and arrived safely, but not remembered the journey? Have you ever read a book and become so involved with the plot you can see scenery and hear characters speak? Have you ever daydreamed?

These are everyday examples of hypnosis.

Hypnosis is an altered state of awareness – one which can be used for self-help. It is a perfectly natural state occurring between being fully awake and fully asleep. In the clinical setting, hypnosis is usually accompanied by a pleasant state of physical relaxation - in itself beneficial.

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The term 'hypnotherapy' means the use of hypnosis for the treatment and relief of psychological and physical symptoms.

**It is important to note that no one can be hypnotised against their will and no one can be forced to do things while under hypnosis that they do not want to do.**

**Hypnotherapy is completely natural and safe. There are no harmful side effects. When administered by a professionally trained and skilled hypnotherapist the benefits are long lasting and often permanent.**

### How Many Sessions Will I Need?

It is impossible to give an exact answer to this because each person is unique and everyone's needs are different.

One thing is for sure, hypnotherapy is not a magic wand and, contrary to what you may have seen elsewhere, it is not an instant miracle.

That said, it is a rapid intervention and unlike lots of therapeutic models that take years to yield results, hypnotherapy can help you to feel remarkably better in just weeks. In fact many of our clients report positive changes even after the first session.

We recommend you commit to three sessions. After that time, we can make a decision together on the way forward. Some people feel that is enough and they have achieved all that they need to. Other clients prefer an extra session or two, and this is fine

### Very Important Note about Self Hypnosis

Ultimately all hypnosis is self-hypnosis. The old fashioned idea of the hypnotist instructing somebody to 'carry out his or her orders' has long ceased to be taken seriously.

Once you are able to learn simple relaxation and visualisation techniques, you are in a position to practice self-hypnosis. You can easily learn these techniques for helping with many different situations.

One of our big goals and wishes for all our clients is to eventually teach them the tools for themselves.

Self Hypnosis is a very easy technique for you to learn and with practice you will become very good at it, meaning that in the future you will have a fantastic method for overcoming problems and difficulties, solving challenges and achieving more and more of what you want for yourself.

Self Hypnosis is 'a tool for making changes in your life. Everyone knows that problems are a part of living that we all face. However, perhaps not everyone realises that all of us carry around within ourselves, the resources for survival...personal evolution...and success.' (Brian Alman and Peter Lambrou)

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'Patients carry their own doctor inside. They come to us not knowing that truth. We are at our best when we give the physician who resides within each patient a chance to go to work.'  
(Albert Schweitzer)

### What Kind of Issues Can Hypnotherapy Help With?

Modern hypnotherapists use hypnosis to treat a variety of issues and to help people achieve improvements in their lives. Medical issues can also be dealt with using hypnosis, but this is only undertaken by a doctor or under a medical doctor's referral/supervision. Here are some of the most common applications of hypnotherapy.

#### Achieving Goals and Personal Success

There are really only a few steps to achieving goals. Getting from where you are now to where you want to be is like travelling from A to B. All you need are a few extra resources and to overcome some barriers.

Although it sounds simple put like this, the problem is that getting from A to B isn't always entirely logical. Ask anyone who has tried to give up smoking, lose weight or become happier using willpower. It's incredibly difficult.

The reasons we can't easily change anything we want include the following:

- Negative feelings such as fear or lack of confidence
- Internal blocks
- Strong habits that seem ingrained and impossible to overcome
- Untrue assumptions
- Just feeling stuck
- Lack of motivation

All of these tend to be unconscious blocks to success. No amount of logical thinking or determination will shift them. Because they operate under the surface of awareness, they need to be dealt with unconsciously.

Hypnotherapy offers a fantastic opportunity to change habits, develop inner strengths and new abilities and to overcome self-defeating feelings that have been blocking your progress to the life you really wish for.

#### Stress and Worrying

Stress, anxiety, worry – these are all very natural and appropriate responses that everyone experiences at one time or another. Unfortunately, for many reasons, people sometimes become overly stressed or anxious when it isn't appropriate, and this becomes inconvenient, even overwhelming.

Hypnotherapy can help you to change this and develop much healthier and positive habits to put you back in control of your life.

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### Improve Self-Confidence

We are all born with plenty of self-confidence. Perhaps you can remember those perfect summer days when you were young. The days seemed to last forever, everything was brighter and just seemed easier.

With hypnotherapy, you can soon rediscover that level of self-confidence that will help you in so many areas and with so many things.

### Motivation and Energy – Health and Lifestyle

Feeling low on motivation and not being able to find the necessary energy or determination to do something can have a very negative effect on health and lifestyle.

Imagine your motivation or energy levels being significantly higher right now. What would you do with that? Would you start to exercise, do things you haven't done for ages, take up a new hobby or sport?

Sometimes becoming more motivated is about increasing your confidence or self-belief.

Sometimes it is about setting bigger or more appropriate goals for yourself or getting more clarity on what you really want to achieve. Sometimes it is simply that you have developed a negative habit and it's about breaking into a new positive habit.

Whatever the reason for your lack of motivation, hypnotherapy can help to give you the keys to feeling more energetic, happier, free and back in control to enjoy the life you really want.

### Stopping Smoking

This is one of the most common reasons for people coming to see a hypnotherapist and one of the best-known uses of hypnosis. Our success rates with quitting smoking are very high and what's more, hypnotherapy is a very positive way to stop.

It is crucial that you are committed to stopping and really do want to achieve the goal of becoming a non-smoker. We will be able to help make it much easier and give you the tools you need to break the habit forever, but the decision to stop must come from you.

If you think about it, that's a really good thing. Who wants to be 'made' to do anything?

The reason hypnosis is so helpful for people achieving their ambition of becoming a non-smoker is that it addresses the unconscious reasons for smoking, for instance:

- Deeply ingrained habits first developed years ago
- The fear of stopping and how difficult it feels
- The psychological triggers for lighting a cigarette (stress, excitement, boredom, nervousness etc)
- The strong associations with certain places, situations and people

For this reason, hypnosis can help you stop and stay stopped, and to make the process much easier than you probably ever imagined possible.

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We aim to help you to stop in a way where you don't put on excess weight or experience any other negative side effects.

We want you to look forward to the positive aspects of stopping; being free of the habit, smelling and feeling fresher and healthier, losing the feelings of guilt or anxiety, having more money, confidence, energy and health.

### Losing Weight and Feeling Fitter and Healthier

Most people who diet fail to achieve their dieting goals and those who do generally find that the weight loss doesn't last permanently. This is probably because the reasons for the weight going on in the first place have not been dealt with.

These reasons can include personal motivation, self-esteem, flawed beliefs, even just unhealthy habits. These are all things that hypnotherapy and coaching can really help with.

Hypnotherapy can be used to help clients with weight loss by helping you to:

- Change the bad habits that have led to the weight increase into much healthier and more positive habits
- Think more appropriately and build a positive image of yourself now and in the future
- Let go of emotional blocks and things that are stopping you losing weight
- Build up self confidence and motivation
- Feel much more motivated to exercise and take the practical steps necessary to start losing the weight
- Let go of negative programming and ideas, such as the dieting mentality that tells you to 'make' yourself lose weight by depriving yourself of certain foods and 'make' yourself follow rules you don't enjoy

Losing weight is a complex and challenging issue but with coaching, hypnotherapy and a real commitment to making healthy and positive changes, you can enjoy amazing results.

### Drinking too much?

You don't have to be an alcoholic to be worried about how much you are drinking, in fact the majority of our clients are just ordinary people concerned that they are drinking too much in the evenings or at weekends and want to stop. We can help you, a relative or friend to stop drinking so much and make it easier to break the drinking cycle, regain control and then reintroduce alcohol in a much more sociable and manageable way.

### Other Things Hypnotherapy Can Help With.

Hypnotherapy and coaching can assist with most issues that have a 'psychological' aspect to them.

In other words, if your mind may somehow be affecting the way you feel or if you suspect there is some kind of a hidden block to you getting to where you want to be, then we can probably help you.

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Maybe you have feelings of insecurity, guilt or jealousy? A fear or phobia you would like to remove? Perhaps you would like to have greater success in your career or business or enjoy more financial success? Maybe you just feel a bit stuck or feel excited about discovering new possibilities for your future. Whatever it is that you would like help with, please feel free to get in touch.

### Schedule of Fees

The schedule of fees is as follows:

£52 per session (sessions last around an hour. The first session is generally a little longer)

£95 per session for a one and a quarter hour 'super session' to stop smoking or alternatively, for the same fee, you can choose two 50 minute sessions, one week apart.

Payment can be made by either cash or cheque. Payment is due at the time of the appointment.

A free half hour initial consultation is available. It's a chance for you to ask any questions and see if hypnosis is the right choice for you.

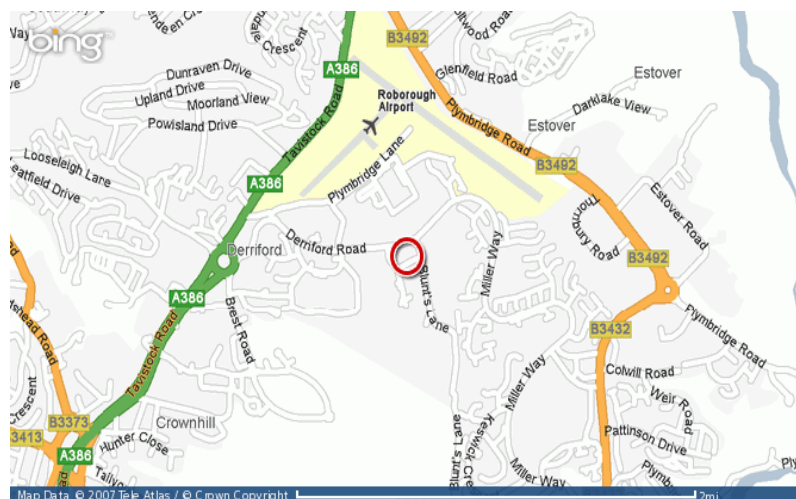
Under-18s must be accompanied by a parent or guardian.

Also please note that we are unable to take bookings on behalf of a third party – clients must book their sessions directly.

If you are currently receiving medication or treatment for a medical condition (including depression etc), we will need to send a courtesy letter to your doctor following your initial appointment.

### Location

Tamar Science Park  
1 Davy Road  
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If you have any questions, please don't hesitate to call 01752 218575 or email [davidholmeshypnotherapy@blueyonder.co.uk](mailto:davidholmeshypnotherapy@blueyonder.co.uk)