

Hypnotherapy

With Melissa Olson, Certified Hypnotherapist

What is hypnosis?

Hypnosis is a state of focused consciousness. Hypnotherapy will assist you in learning how to achieve this state by guiding you into it. Once this has been achieved, you will then receive what are called hypnotic suggestions. These suggestions will enable you to use the power of hypnosis in your life and make the changes you desire. Hypnosis is a tool that can help you change old habits and to provide you with motivation to do the things that you may have been putting off. Hypnosis has been shown to be effective in reducing stress and stress-related illness.

What is hypnotherapy?

Hypnotherapy is the use of hypnosis for therapy and behavior modification. Hypnotherapy is a technique that uses the hypnotic state, which enables changes in perception and memory, a major increase in response to suggestion, and the potential for controlling many physiologic functions that are usually involuntary. Hypnotherapy uses guided relaxation, intense concentration and focused attention to achieve a heightened state of awareness that is sometimes called a trance. The person's attention is so focused while in this state that anything going on around the person is temporarily blocked or ignored. In this naturally occurring state and with the help of a trained therapist, the person may focus his or her attention on specific thoughts or tasks.

What can hypnotherapy be used for?

If you are repeatedly experiencing tension, anxiety, fear, phobias or fatigue.
If you have challenges at school, home, work or in your relationships.
If you are feeling unhappy and believe you are just not getting the most out of your life or
If you would like to build self-confidence, self-love, self-acceptance.

Hypnotherapy may also be beneficial in expanding personal goals.

Improving performance development in sports, school or work.
Improving confidence, self-esteem or creativity.
Removing blocks or limiting beliefs which are performance related.
Learning new relaxation and grounding techniques.

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