



# Information sheet: Hypnotherapy

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## What is Hypnotherapy?

Hypnotherapy is the process through which an individual is guided to a heightened state of awareness, using relaxation, intense concentration and focused imagination that is sometimes referred to as trance. In this state, the individual is more suggestible, that is to say their mind is more open to absorbing information and suggestions.

Hypnosis or trance, is a natural phenomenon in which an individual can achieve a heightened learning state and has been used in some form for thousands of years.

Most of us go in and out of the trance state regularly. If you've ever zoned out on your daily commute, fell into a reverie while listening to music, or found yourself immersed in the world of a book or movie, you've been in the trance state.

## What does Hypnotherapy do?

Anyone can be hypnotised. The hypnotherapist guides the client through the process into the state by giving appropriate suggestions to facilitate change. Hypnosis can be learned and used by anyone as a self improvement psychological tool.

Hypnotherapy, gives the individual access to their own inner resources, strengths, knowledge and abilities. It also facilitates the reframing of traumatic or emotionally painful experiences to bring a state of calm relief.

Contrary to how hypnosis is sometimes portrayed in movies or on television, you don't lose control over your behaviour while under hypnosis. In reality, no-one can be hypnotised against their will and even when hypnotised, a person can still reject any suggestion. Thus hypnotherapy is a state of purposeful co-operation. Also, you generally remain aware of and remember everything of the hypnosis session.

There are many conditions that can be helped with hypnotherapy including:

- o anxiety
- o depression
- o panic attacks
- o phobias
- o insomnia
- o stress
- o work or study effectiveness
- o sporting performance
- o self-confidence
- o IBS
- o smoking cessation
- o chronic pain
- o and many more.

## What are the training standards?

Clinical Hypnotherapy training is now available as degree courses in many countries. In the UK there are no regulated standards of training however, there are many training courses available.

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## Is there regulation?

Hypnotherapists are not subject to statutory regulation. The UK voluntary regulator for hypnotherapy is the Complementary and Natural Healthcare Council ([CNHC](#)) and hypnotherapists can volunteer to be listed on this Accredited Register that has been independently approved by the Professional Standards Authority, if they meet relevant criteria.



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## How do I find an Hypnotherapist?

It is important to find a Hypnotherapist who is appropriately qualified and insured. The best recommendation is referral, ask your friends and family, failing that check the Therapists website and social media, to see what they have done previously. Ask to speak to the Hypnotherapist first before booking an appointment. Trust is the most important factor when working with a therapist and be guided by your instinct on meeting with them.

## Are there any safety concerns for Hypnotherapy?

Not, if carried out by a professional Hypnotherapist. The professional Hypnotherapist only uses words, the clients imagination and the clients own inner, unconscious abilities to help them change. As such the Hypnotherapist acts as the catalyst not the cure. As stated above the client should trust and be guided by their instincts on meeting the therapist.

## Is there an evidence base?

Research into the health benefits of Hypnotherapy is now widely available. There are a growing number of studies and clinical trials that show the benefits of hypnosis as a therapeutic tool. Studies have shown that hypnosis can help to improve sleep and mood, reduce stress and anxiety, and reduce the perception of pain, including those with acute or long-term conditions.