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Hypnotherapy

This factsheet is for people who are planning to have hypnotherapy or who would like information about it. The use of hypnotism for therapeutic purposes is referred to as "hypnotherapy".

Hypnotherapy is **Not** an alternative method of tumour reduction to the conventional therapies (surgery, radiotherapy, chemotherapy, endocrines or biological therapy).

Your care will be adapted to meet your individual needs and may be different from what is described here. Therefore it is important that you follow your hypnotherapist's advice.

About hypnotherapy

Hypnosis is a state usually induced by a procedure known as a hypnotic induction which takes the form of a guided deeper relaxation. Hypnotic suggestions may be delivered by a hypnotherapist or may be self-administered.

The state where a person is so relaxed that they become more open to suggestion is called hypnosis. You remain very aware of what is going on around you. You are always in control.

Some of the conditions hypnosis may assist with:

- Anxiety, stress
- Insomnia
- Low self esteem
- Body image
- Phobias
- Nausea and vomiting
- Relaxation

About the procedure

During your first visit you will be given a detailed assessment. The hypnotherapist will ask you questions about your presenting issues. You will be seated in a comfy chair and the therapist will clearly explain the process of hypnotherapy. The therapist will take you through a progressive muscle relaxation and help you into hypnosis. Each session will last about 45 minutes.

You can ask any questions you might have. Your hypnotherapist will not make a medical diagnosis as he or she is not trained to do so. However, your therapist can advise you on after care following a hypnotherapy session.

You may stop the therapy at any time including mid-session if you want to – simply ask the therapist to suspend the session

If you want to stop hypnotherapy after treatment – please telephone the Lilac Centre and ask for Complementary Therapy Co-ordinators.

Precautions

Hypnosis is not advisable for people with:

- Psychosis
- Personality disorder
- Epilepsy

All our therapists are fully qualified.

If you have any concerns, complaints or compliments about the service, or if you have used the therapy for specific symptom relief please put all comments in writing and / or speak to one of the Complementary Therapy Co-ordinators who manage this service.

**If any new symptoms arise or any existing symptoms get worse
seek medical advice immediately**

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach