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What is Hypnotherapy?

Hypnotherapy is a combination of psychotherapy and hypnosis. Psychotherapy in itself is extremely beneficial and its effects are enhanced by the application of hypnosis, which enables the subconscious mind to make beneficial changes.

What to expect:

Many people believe that hypnotherapy is something that is “done” to them as they explain their issue to the therapist who then simply hypnotises their problem away, as if by magic!

Solution Focused Hypnotherapy is a much more collaborative process and it is important to understand that change happens because you want it to and because you are prepared to take the necessary steps to allow it to happen.

The initial consultation is designed to assess what you want to achieve, how hypnotherapy can help you and how many sessions you are likely to need.

Subsequent Hypnotherapy sessions involve much more than hypnosis. During the first part of each session we’ll talk about the progress you have made and I’ll be encouraging you to express yourself positively, focusing on solutions rather than dwelling on problems.

I’ll help you to imagine your preferred future; a future where you have a more useful perspective on the quality of your life. I’ll then guide you into a relaxed state of hypnosis so that we can consolidate what we have discussed.

What is Psychotherapy?

There are many different kinds of psychotherapy; all of which aim to help people overcome stress or emotional problems. Psychotherapy involves talking together to help clients overcome their difficulties. Psychotherapy is often referred to as a ‘talking treatment’.

What to expect:

Solution Focused Psychotherapy is future oriented. The type of psychotherapy I practise is ‘Solution Focused Therapy’ techniques and is designed to reduce anxiety and calm the mind. As the name suggests, it focuses on solutions for the future rather than analysing problems of the past.

Provided you are willing to make changes to the way you think, the therapy can be highly effective in relieving the symptoms of anxiety and stress. Focusing on solutions means we do not dwell on problems.

Instead we:

- acknowledge where you are currently
- identify where you want to be
- help you to make the necessary changes

Solution Focused Psychotherapy avoids problem talk...

The type of psychotherapy I practise does not involve analysing painful memories from the past. If you have experienced unpleasant events, we acknowledge they happened and help you get from where you are to where you want to be.

What is Hypnosis like?

Actually, we all experience the hypnotic state in our everyday lives.

Have you ever driven home and not remembered anything about the journey, or been engrossed in a book and not been conscious of time passing? If so, you’ve been in a state of focused attention, not unlike the feeling of being hypnotised.

During hypnosis, you will be guided into a similar state so that beneficial suggestion can be directed towards your subconscious mind.

What to expect:

Hypnosis is simply a state of focused attention. In this relaxed state, your mind is more responsive to suggestion. In a therapeutic setting, the suggestions are designed to be beneficial to help you change unhelpful thought patterns.

Clients often comment about how “ordinary” hypnosis feels - it’s not unlike daydreaming. You can often hear everything that is being said whilst in a deeply relaxed state. In fact, you could think of it as guided daydreaming.

What Hypnosis isn’t:

Contrary to the image portrayed in films, books and the media, hypnosis does not involve the therapist taking control of your mind - no one can hypnotise you against your will.

Nobody can make you do anything you do not want to – your subconscious mind will simply reject any suggestion that is inappropriate for you.