

Balance Hypnotherapy

Fiona Robinson DHP HPD MNCH MAFSFH is a clinical hypnotherapist who practises out of the Warminster Osteopathic Clinic. Able to help with a number of conditions, hypnotherapy could just provide the catalyst for change you are looking for in 2013. Here she talks about the kinds of problems hypnotherapy may be able to help with...

What would you like for your life? New Year can act as a catalyst for thinking about change – and all positive change begins with positive, enquiring thoughts, whatever that change is. What does New Year mean to you? A fresh start? Opportunities? 'This time I'll do it'? We often have positive intentions and set off down a new path, only to find ourselves (often unintentionally) back on the familiar, down-trodden path of unwanted habits or ways of being. How can we stay on our new path? First, if we understand how the mind works, we have an opportunity to change what we think and do. Your mind wants you to stay on this familiar path: you've survived this long doing what you've always done - literally - so your mind will

“if we understand how the mind works, we have an opportunity to change what we think and do”

encourage you to 'survive' by repeating 'habits' of thought and behaviour. Similarly, whenever we experience stress, our anxiety levels rise and the survival response - fight, flight or freeze - can kick in, encouraging us to do whatever 'got us out of trouble' before; perhaps causing us to become angry more often; or to reach for sugary and fatty foods for comfort.



Solution-Focused Hypnotherapy is designed to calm the mind and turn down the survival response, enabling

us to think more calmly and clearly about changes we would like to make; what options we have to make those changes; and the first and continuing steps to change. The level of relaxation achieved through hypnosis enables the sub-conscious mind to be more active and to accept positive thoughts; and can result in us feeling naturally inclined to choose positive behaviours.

Solution-Focused Hypnotherapy gives you the opportunity to focus on what you want, rather than what you don't want. In this way, you can unlearn 'old' unwanted habits by the power of positive thoughts and action. Success is usually about making small, regular changes to our lives, rather than big jumps; so if we choose to exercise regularly, then we will find that our goal of improved fitness will 'come towards us' allowing us to relax and enjoy the process. It is a collaborative approach, rather than something that is 'done' to you and is client led, so that you are able to find your own solutions for change – in this way, you can feel safe as you make changes at your own pace.

Solution-Focused Hypnotherapy can help you to make changes in many areas such as: anxiety, depression, fears and phobias, IBS, nail biting, OCD, panic attacks, performance areas, self-confidence, self-esteem, skin problems, sleep problems, smoking, weight issues and much more.

To find out more, or to arrange a free one hour consultation, give Fiona a call today.

**Fiona Robinson DHP HPD MNCH MAFSFH
Clinical Hypnotherapist
07801 436633
fiona@balancehypnotherapy.co.uk**

• www.warminsterclinic.co.uk