

# Hypnotherapy and Coaching Can Help You Deal with Pain and Anxiety Effectively

Hypnotherapy combines hypnosis (trance) with cutting-edge research on how the brain works to set up mental and physical changes in how we think and act. Modern neuroscience has estimated that up to 90% of our behaviour is in fact generated unconsciously. The mind, our thoughts, are hugely powerful and since the mind and body are intrinsically connected, how we think and feel has great impact on how our bodies react. Therefore issues such as how we cope with any difficulties and problems that come up - such as pain and anxiety - how we can remain positive and relaxed, are issues that can be greatly helped by hypnotherapy and coaching.

Trance is a natural state we go into when we are relaxed or on 'auto pilot' – ever wondered how you got from your house to work? – since your mind has 'switched off'. Nevertheless, the 'switched off' mind is still in control. It does what the traffic lights say, you still get on the train/bus. In the same way the deeply relaxed hypnotherapy client remains in control at all times, but because the hypnotist has calmed and relaxed their mind, they are receptive to new ideas on how to remain relaxed and calm, deal with problems, increasing the power of positive thoughts.

In a similar fashion, Coaching which deals more in words and ideas can be most beneficial in dealing with a lack of confidence, enabling clients to manage anxiety and stress much more effectively in these situations. The client is free to choose which (or a combination of the two) discipline would be most beneficial for them.

Our beliefs can either limit, hold us back, or enable, take us forward. We all have both sets of beliefs. For example:

**Limiting belief:** “I’ve never been any good at that”

**Enabling belief:** “I can have a go at learning how to do that”

**Limiting belief:** “I’m hopeless with pain – I just fall apart”

**Enabling belief:** “Pain is a challenge that I can learn how to cope with”

**Limiting belief:** “I get so anxious and stressed, I just lose it”

**Enabling belief:** “I can learn how to deal with anxiety and stress better”

Coaching can challenge intellectually limited beliefs, allowing the client to discover more enabling, positive beliefs; while Hypnotherapy can alter, change, existing beliefs and embed enabling, positive beliefs in the deeply relaxed and receptive mind of the client.

The power of positive thoughts is an essential component of success. When you have a positive thought this impulse causes the brain to release serotonin, the ‘feel good’ chemical that gives you the feeling of happiness and wellbeing. Such thoughts are transmitted from one brain cell to another. If however, the thoughts you are having are negative, the chemical triggered is cortisone, which gives you a feeling of sadness and depression, limiting the flow of positive thoughts and ideas. This explains why two people can look at exactly the same challenging situation and one person thinks “Oh my God, I’ve had it” and the other thinks “This is going to be hard, but I can draw on resources I have to cope”. Hypnotherapy and coaching expand those resources.

Dealing with disempowering pain that can make us feel isolated and afraid, is an area that hypnotherapy is particularly successful at assisting with. As a double cancer survivor, who had major surgery that has left me in constant pain, I can personally state this to be true. Since drugs numb the brain, making a normal life difficult, I discovered in hypnotherapy an empowering tool that keeps me in control, since it provides effective methods of dealing with pain, anxiety and stress. Hypnotic Interventions such as:

- Creating an ‘anchor’ - the memory of a deeply peaceful/joyful experience that you can recreate in your mind in a moment
- Methods of changing the colour, shape and texture of the pain

- Fooling the brain into thinking that all is well and you are not in pain, by blocking the 'flight or fight' responses to stress
- The creation of a positive phrase e.g. "I can do this"
- Creating deep relaxation, which by its very nature, gives you the opportunity to be calm and peaceful, creating a state of mind in which the power of pain is greatly reduced

So it is the case that the techniques and relaxation of hypnotherapy and coaching can greatly improve your mental state, which leads to an improved ability to deal with difficulties and reduce pain, anxiety and stress. They can increase the positive, empowering nature of your thoughts which improves the quality of your life.

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**Duration and cost:**

£ 70 a session; Senior citizens and those receiving benefits, £ 40. This cost includes our initial discussion on what you want to deal with. When setting a date for a session, you will receive my relaxation CD. Clients receive a personal CD as part of a treatment session. This CD offers relaxation techniques and a combination of your particular concerns addressed in positive, hypnotic language, which enables you to deal with your pain and anxiety much more effectively.

Neither hypnotherapy or coaching are intended to be a long-term therapy. Every client is different so it is difficult for me to say how many sessions you might need until I meet you. However, the ability to deal with anxiety and pain better are areas that would normally take between 1 – 3 sessions.

