



Setanta Hypnotherapy Clinic
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Analytical Hypnotherapy is a method used to address the root causes of psychological problems. A trauma or an emotional event in your childhood which was too painful for you to deal with as a child could have been repressed or buried by the subconscious until you were ready to deal with it. Clues to the origins of this repressed material can lie in the symptoms you exhibit today. The repressed material can be revealed in therapy and the emotional content can now be dealt with as you view it as an adult and no longer as a child.

The causes of most problems can be categorized into one or more of the following psychodynamics of a symptom:

- 1. Punishment**
Invariably to satisfy real or imagined feelings of guilt or avoid more severe punishment from a higher authority like God.
- 2. Learned through Past Experience**
Fear can be a learned experience especially if it serves to protect. "Once bitten twice shy".
- 3. Inhibited Desire**
The symptom serves to protect the person from doing something he really wants to do but feels is wrong, immoral or socially unacceptable.
- 4. Physical Alarm Bell**
The physical symptom is a metaphor for the underlying emotional problem that requires attention.
- 5. Identification**
The symptom is the person's subconscious desire to emulate a hero or loved one.
- 6. Secondary Gain**
The symptom affords the person attention not normally received.
- 7. Brain washing**
Being told something often enough can lead to its acceptance at the subconscious level. "Like father like son."

A great deal of Analytical Hypnotherapy may involve shaking the cage continually until the *bird* falls out. The *bird* here refers to the material repressed by the subconscious and put there because of its distressful nature. Discovering the sensitizing event is only the beginning.

A very important part of the therapy involves resolving the distress that put it there in the first place.

Certain issues respond particularly well to Analytical Hypnotherapy especially if anxiety or depression is involved. Most conditions are treated in 10 to 12 weekly sessions.

During the first session of hypnotherapy information to address cause and effect in the present is gathered before going on to addressing cause and effect in the past in later sessions. The ultimate aim of Analytical Hypnotherapy is to address the root cause of the symptom at the subconscious level and in so doing bring lasting relief. To merely eliminate the symptom without addressing the underlying cause may result in the symptom being replaced by the subconscious in order to continue to satisfy whatever it is that is responsible for its cause in the first place.

Problems like *smoking, fear of flying, exam nerves,* and sports motivation can be dealt with in about 3 sessions of **Suggestion Therapy**.