

The Answer Within:
How Hypnotherapy Can Change Your Life

Your Guide to Hypnoanalysis and Suggestion Therapy



Hypnoanalysis and Suggestion Hypnotherapy both have their parts to play in helping people resolve their personal issues. Suggestion therapy can be successful in improving academic or sports performance, or helping somebody to give up smoking.

However, for more deep-rooted problems, suggestion therapy may only provide a temporary solution. Hypnoanalysis, on the other hand, seeks to address the root cause of symptoms, and in doing so, can bring lasting relief. Deciding on the best course depends on the nature and depth of the problem.

An individual's personality is largely determined in the childhood years. The personality they develop during those years goes with them, largely unaltered, throughout the rest of their lives. For many people, some aspect of this development, such as a fear, habit or phobia, can go on to affect them in their adult years.

This is where Hypnoanalysis (or analytical hypnotherapy) – effectively psychotherapy/psychoanalysis using hypnosis – comes in. Sometimes the mind protects itself by repressing emotional trauma deemed too painful to process at the time. Traumatic memories are 'buried' away from our conscious awareness but the subsequent negative energy is expressed through mysterious symptoms.

Hypnoanalysis seeks to uncover the root cause of a problem. Using hypnosis to access the subconscious, the search for buried emotional trauma aims to identify the root cause of a problem and release the associated negative energy so that the symptoms disappear. The positive change achieved in this way is permanent.

To give an insight into the difference between Suggestion Therapy and Hypnoanalysis, compare a client's distressful symptoms with an alarm which has been set off and is sounding all day and night. The client seeking Suggestion Therapy simply wants the alarm turned off; the client seeking Hypnoanalysis wants to know why it was triggered in the first place.

Suggestion therapy 'papers over the cracks'; Hypnoanalysis seeks to understand why the wall is cracking in the first place to help the 'householder' put it right.

Hypnoanalysis coupled with Suggestion Therapy can be used to help with many physical and psychological issues, ranging from anxiety, panic attacks, insomnia and depression to phobias, social anxiety, nail biting, eating disorders, smoking, IBS (Irritable Bowel Syndrome), nerve rashes, blushing and much more.

Additionally, Hypnoanalysis can also be thought of as a cathartic journey into personal development and self-discovery. The progress made can be highly rewarding and the gains, immense.

Consultants - Analytical and Clinical Hypnotherapy



The Therapists



Xavier Nathan BA, H.Dip.Ed., Adv.D.Hyp
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The Institute of Clinical Hypnotherapy & Psychotherapy (ICHP) was established in 1979. Over the past two and a half decades it has dedicated itself to the research and development of hypnotherapy. All of our members have obtained Diplomas and Advanced Practical Diplomas in the field of Clinical Hypnotherapy & Psychotherapy. Both Xavier and Mary are fully qualified members of ICHP so you can trust that you are in the hands of professionals.

Website: <http://www.hypnoseire.com>

Setanta Hypnotherapy Clinic



Hypnotherapy & Psychotherapy – Empowering yourself to take charge of your own recovery

Analytical Hypnotherapy and Suggestion Therapy

“For habits like smoking or to improve academic or sports performance then Suggestion Therapy is advised.

However, for more deep rooted problems simply eliminating a symptom may only bring temporary relief.

Analytical Hypnotherapy seeks to address the root cause of the symptom and in so doing can bring lasting relief.”

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