



Setanta Hypnotherapy Clinic

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Suggestion Therapy normally takes 3 sessions and includes 3 reinforcement hypnosis CDs.

Suggestion Therapy for most problems requires at least 3 sessions. Each session lasts about 1 hour and a Free Introductory Consultation with no obligation is also available for those who wish to meet the therapist and find out first hand what exactly is involved before committing to a course of treatment.

The first session involves information gathering and discussion to clearly define the outcome desired. Each treatment is developed to meet the needs of the individual and crucial information is invariably unconsciously conveyed to the therapist during this first session. No two people experience their symptoms in exactly the same way and the reasons behind a condition are unique to each individual. It is the client who decides exactly what problem to address and it is the client who specifies the goals for change. This is a *client* centered therapy and each treatment is tailor made to fit the individual seeking our help.

Each treatment requires a *minimum of 3* sessions in order for it to be a lasting change for my clients, not just a quick fix that fades away. It is ultimately the commitment made by the client that influences the degree to which therapy affects change. The therapist is a guide who points the way it is the client who makes the journey.

Like any journey preparations must be made and that is why the first session is devoted completely to preparing the client for the work ahead. The client will be asked to play specially prepared CDs every morning and every night in the lead up to the second session a week later in order to prepare the mind for therapy. Hypnosis works because the client is enlisting the help of the subconscious and it is the degree of cooperation on the part of the client involved in doing this that determines the degree of success of the treatment.

The second session is completely devoted to the client learning the art of self hypnosis. During this session clients are shown how to bring themselves through various levels of hypnosis and to do so easily. This gets the clients comfortable with the feeling of hypnosis and makes them aware of the unique way each experiences the wonderful state of mind. During this session the client accesses the subconscious mind to determine exactly what is behind the condition being reported and the unconscious benefits being derived from the distressful symptoms. Any conflicts uncovered during this session are addressed in the third session using various therapeutic interventions including Parts Therapy and Emotional Freedom Techniques where necessary. There will be time for discussion and the client will receive 2 CDs at the end of this session. One CD is titled the Art of Self Hypnosis and it reinforces the work done in session. The second CD is titled Relaxation and Well Being ensures that the experience is an empowering and pleasant one

The third session involves directly addressing the problem being reported by the client. The reasons why the problem exists in the first place are examined and relearning at the subconscious level affords the client the opportunity to satisfy these subconscious needs through more acceptable means which they themselves choose. Examining the core reasons for the changes the client desires is an enlightening experience leading to a deeper understanding of why we do and feel the things we do and why there is a very good unconscious reason for every symptom we consciously experience. **All feelings are good**and it is just that the uncomfortable ones are a sign that something needs attention. Trying to intellectually deal with the problem doesn't work because the problem exists below the level of conscious awareness and that is where hypnosis is an invaluable tool used to access the subconscious where the problem resides. Each client is provided with a personalized CD at the end of session 3 which incorporates all the information received during each session and reinforcing each of the desired objectives expressed by the client in session.

We all have all the answers inside of us and it is my job as your therapist to help facilitate your journey to your inner mind to reach those answers. My intention is to help you help yourself in the best way possible.

Warning:

Please refrain from listening to any of the CDs I provide you with while you are driving or operating machinery as you will be taken back into the hypnotic state.