



What people have said about the service we offer:-

“really relaxing”

“felt good”

“not what I expected”

“wonderful”

“felt in control”

“I enjoyed the sessions and feel I have benefitted from them”

To make an appointment or if you have a query please telephone:

(01253) 956205

Or email:

bfwh.occupational.health@nhs.net



We cannot offer hypnotherapy for weight loss or to help stop smoking

Staff Hypnotherapy Service

At Occupational Health



WHAT IS HYPNOTHERAPY?

Hypnotherapy is the practice of promoting healing or positive development.

Hypnotherapy endeavours to re-programme patterns of behaviour within the mind enabling such things as phobias, irrational fears, negative thoughts and suppressed emotions to be overcome.

Hypnosis provided by our department is for therapy purposes only.

HOW DOES IT WORK?

Hypnosis works by the induction of a trance like state, during which the client is in an enhanced state of awareness.

It is during this state that the therapist can suggest ideas, concepts of life style changes.

MISCONCEPTIONS?

Hypnosis does not involve being put to sleep.

Hypnosis will not make you do anything that you don't want to.

During hypnosis you will be aware of your surroundings and situation.

You will remember everything that is said to you.

WHAT DO I NEED TO DO?

You need to want to change something in your life and be motivated to do it.

You **cannot** self refer.

Your manager will need to complete an on-line management referral for you.

Please give us 48 hours notice if you are unable to attend-otherwise you may lose one of your sessions.

HYPNOSIS IS EFFECTIVE IN MANY WAYS HERE ARE JUST A FEW;

- Phobias
- Sleep issues
- Panic attacks
- Obsessive Compulsive Disorder (OCD)
- Deep relaxation
- Confidence building
- Raising self esteem
- IBS
- Pain
- Addictions

HOW MANY SESSIONS WILL I NEED?

We offer 6 sessions but this varies on the individual and their needs.

HOW LONG DOES THE SESSION LAST?

The session is for no more than an hour.

WHERE WILL IT TAKE PLACE?

At the Occupational Health Department.