

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Understanding Hypnotherapy</i>	9
Chapter 1: Examining Hypnotherapy.....	11
Chapter 2: Techniques: The Tools of a Hypnotherapist.....	21
Chapter 3: Preparing for Hypnotherapy.....	45
<i>Part II: Considering How Hypnotherapy Can Help</i>	59
Chapter 4: Making the Mind-Body Connection.....	61
Chapter 5: Breaking Away from Old Habits.....	77
Chapter 6: Touching on Body Matters.....	99
Chapter 7: Feeling Good	123
Chapter 8: Considering the Limits of Hypnotherapy.....	141
<i>Part III: Expanding the Reach of Hypnotherapy</i>	153
Chapter 9: Your Kids and Hypnotherapy	155
Chapter 10: Visiting Your Former Selves	165
Chapter 11: Removing Your Phobias	179
<i>Part IV: The Practical Stuff</i>	195
Chapter 12: Finding a Hypnotherapist.....	197
Chapter 13: Your First Hypnotherapy Session Step by Step.....	205
Chapter 14: Practising Self-Hypnosis	221
Chapter 15: Meeting the Family: Some Cousins of Hypnotherapy.....	233
<i>Part V: The Part of Tens</i>	247
Chapter 16: Ten Common Misconceptions about Hypnotherapy.....	249
Chapter 17: Ten Pioneers of Hypnosis.....	255
Chapter 18: Ten Qualities to Look For in a Hypnotherapist	261
Chapter 19: Ten Tips for Choosing a Hypnotherapy Training Programme	267
<i>Appendix: Resources</i>	273
<i>Index</i>	281

Table of Contents

***Introduction*..... 1**

About This Book.....	1
Conventions Used in This Book	2
Foolish Assumptions	2
Why You Need This Book.....	3
How This Book Is Organised.....	4
Part I: Understanding Hypnotherapy.....	4
Part II: Considering How Hypnotherapy Can Help.....	4
Part III: Expanding the Reach of Hypnotherapy	5
Part IV: The Practical Stuff	5
Part V: The Part of Tens.....	5
Appendix	5
Icons Used in This Book.....	6
Where to Go from Here.....	6

***Part 1: Understanding Hypnotherapy* 9**

Chapter 1: Examining Hypnotherapy 11

Getting to Grips with the Basics of Hypnotherapy.....	11
Discovering the differences between hypnosis and hypnotherapy	12
Sliding into trance	13
Examining states of mind	14
Getting Past that Old-Style Hypnosis.....	16
Finding Help with Hypnosis.....	18
Understanding the Therapy Part of Hypnotherapy.....	18
Hypnosis plus counselling	19
Hypnosis plus psychotherapy	19

Chapter 2: Techniques: The Tools of a Hypnotherapist 21

Choosing a Tool from the Hypnotherapist's Toolbox	22
Giving It to You Straight and Not So Straight: Direct and Indirect Suggestions.....	24
Getting direct suggestions.....	24
Going the indirect route	25
Blending both.....	25
Safely Splitting Your Mind with Dissociation.....	26
Minding your associations	27
Associating hypnosis and dissociation	28

Adding the Sum of Your Parts: Parts Therapy	30
Communicating and negotiating with a part of you	30
Bringing it all back together again: The importance of reintegration	32
Travelling in Time	32
Going back in time: Age regression techniques	33
Going forward in time: Age progression techniques	36
Altering time: Time distortion techniques	37
Scanning a Variety of Other Common Techniques	38
Visualising, imagining, or pretending change	39
Finding out how to forget	40
Substituting a memory	41
Telling stories.....	42

Chapter 3: Preparing for Hypnotherapy 45

Keeping Your Individuality in Mind	45
Identifying Your Problem	46
‘I’m not exactly sure what my problem is’	47
‘I know my problem but haven’t been able to solve it’	48
‘I have more than one problem’.....	48
Communicating Your Problem	48
Prioritising your problems	49
Providing as much information as you can	50
Setting SMART Goals and Checking Your Motivation.....	51
Using your SMARTs to set your goals	52
Examining your motivation	54
Negotiating Your Goals with Your Hypnotherapist	55
Breaking down bigger goals	56
Winning the goal game.....	56

Part II: Considering How Hypnotherapy Can Help.....59

Chapter 4: Making the Mind-Body Connection 61

Understanding the Mind-Body Connection	62
Fitting up the connectors: Your nervous system	62
Making the connection with hypnosis.....	64
Considering How Your Emotions Affect You	65
Depressing the effects of low moods	66
Stressing about fear and anxiety	66
Fighting or fleeing: Facing the fear response	67
Integrating Hypnosis into the Mind-Body Connection.....	69
Relaxing mentally and physically through hypnosis	70
Manifesting the mind through the body.....	70

Chapter 5: Breaking Away from Old Habits77

Examining Habits and How to Change Them77

Quitting Smoking.....79

 Preparing to quit: What to do before
 visiting your hypnotherapist.....80

 Addressing your fears about quitting.....81

 Using hypnosis to become smoke-free83

Managing Your Weight85

 Taking the safe route to the body you want86

 Eating yourself thin87

Getting a Good Night’s Sleep89

 Solving your insomnia89

 Trance strategies to help you to sleep91

 Sweet dreams are made of this – turning
 your nightmares into nothing92

 Sorting out snoring – for both you and your partner93

Controlling Your Words: Stammering94

 Stumbling over anxiety.....95

 Relaxing your speech through hypnotherapy95

Reaching a Nail-Biting Conclusion96

Chapter 6: Touching on Body Matters99

Letting Go of Pain.....100

 Experiencing pain.....100

 Perceiving pain101

 Relieving pain.....101

Helping Your Skin Look Good104

 Scratching away at psoriasis and eczema105

 Stop kissing frogs: Treating your warts.....105

 Easing skin problems with hypnotherapy106

Relieving the Pressure of Hypertension.....108

Taking a Pregnant Pause for Childbirth110

 Conceiving options110

 Delivering the goods111

Improving Irritable Bowel Syndrome113

 Dealing with your IBS anxiety114

 Coping with constipation and diarrhoea114

Loving the Dentist!115

 Drilling away at your problem116

 Grinding down your bruxism: Teeth-grinding
 and hypnotherapy117

Dealing with Problems with a Psychological Basis117

 Obsessing about change: Obsessive
 compulsive-disorder (OCD)118

 Beating bulimia.....119

Chapter 7: Feeling Good123

Conquering Performance Anxiety	124
Playing the starring role	124
Feeling your star fade	125
Acting your way to a better performance	125
Regaining your lustre	126
Summing up your parts	127
Taking the Confidence Trick	127
Feeling ten feet tall (when you're used to feeling like a midget).....	127
Changing your self-talk	128
Putting your confidence into practice	128
Sorting Out Your Anxieties	129
Beating the Blues	130
Understanding the different types of depression	131
Working your way out of that black hole	131
Stress Busting!	132
Cooling yourself off and hypnotherapy	132
Responding with stress	132
Reframing your stressed-out world	133
Making a molehill out of that mountain	134
Accessing Your Creativity	134
Tapping into your endless well of creativity	135
Unblocking your creative flow	136
Touching on Sexual Problems	137

Chapter 8: Considering the Limits of Hypnotherapy141

Realising That Hypnotherapy Helps, It Doesn't Cure	141
Accepting Hypnotherapy's Limitations	142
Setting yourself up for success	142
Highlighting the importance of your motivation	144
Letting Go May Be Harder Than You Think	145
Facing the fact that you may want to keep your problem	145
Overcoming your secondary gains	147
Sabotaging your own therapy	147
Examining Your Hypnotherapist's Ethical Responsibilities	149
Looking at Your Hypnotherapist's Legal Responsibilities	150

Part III: Expanding the Reach of Hypnotherapy 153**Chapter 9: Your Kids and Hypnotherapy155**

Considering Ethical Issues	156
Noting the Differences in Hypnotising Children	157
With eyes wide open	158
Trance through imagination	158

Helping Your Child with Therapy.....	160
Making the decision to seek therapy	160
Listening to your child's hypnotherapist.....	161
Understanding Some Common Childhood Issues.....	162
Hiding behind sofas: Dealing with your anxious child	162
Solving bed-wetting.....	162
Chapter 10: Visiting Your Former Selves	165
Examining Past-Life Regression.....	165
Beliefs about PLR	166
Reasons to revisit past lives	167
Journeying to Your Past Life.....	168
Revealing any past-life memories.....	168
Choosing a route	169
Reaching a dead end.....	170
What to Expect during Your PLR Session	171
Setting the scene	172
Visiting those important times	173
Being present at your death.....	173
Healing past hurts	174
Completing the journey and returning to the present	176
Chapter 11: Removing Your Phobias	179
Rationalising the Irrational: Defining Phobias.....	179
Explaining phobias.....	180
Comparing phobias to plain old fear	181
Pointing out triggers	182
Examining the Various Types of Phobia.....	184
Specific phobias	187
More complex phobias	187
Removing Your Phobia through Hypnotherapy.....	188
Starting with the basics	188
Approaching the trance.....	190
Picturing your life without your phobia	192
Confronting Your Phobia: A Contract for Action	192
 Part IV: The Practical Stuff	 195
Chapter 12: Finding a Hypnotherapist	197
Looking Out for a Hero	197
Knowing what to look for	198
Believing adverts – or not	199
Cruising the information superhighway.....	199
Relying on word-of-mouth	200

Looking Into Your Hero	201
Researching by word-of-mouth.....	201
Making sure your hypnotherapist is professionally trained	202
Talking to a few therapists	202
Asking the right questions	203
Selecting Your Therapist.....	204
Chapter 13: Your First Hypnotherapy Session Step by Step	205
Entering the Office	205
Caring enough to pay your own way	206
Knowing how many sessions it may take.....	207
Starting Your Hypnotherapy Session	207
Getting acquainted with your hypnotherapist	208
Creating a working relationship	208
Teaming up with your hypnotherapist	209
Supplying a Case History	210
Going Into a Trance.....	211
Inducing a trance	211
Homing in on what a trance feels like.....	212
Taking you in and taking you deeper	213
Experiencing the Actual Therapy	213
Choosing the best approach for you	214
Receiving post-hypnotic suggestions	215
Strengthening Your Ego.....	215
Adding the feel good factor.....	216
Bolstering a weak ego	217
Waking Up	218
Coming completely out of trance.....	219
Continuing therapy while you're coming out of trance.....	219
Doing Your Homework.....	220
Chapter 14: Practising Self-Hypnosis	221
Connecting to Your Unconscious.....	221
Setting Your Goal	222
Hypnotising Yourself	223
Inducing your own trance	224
Deepening your trance	226
Trusting your unconscious mind	
to carry out your suggestion.....	227
Strengthening your ego	227
Waking yourself from trance	228
Examining the Pros and Cons of Self-Hypnosis.....	228
When self-hypnosis is appropriate	228
When self-hypnosis isn't appropriate.....	229

Developing Your Own Scripts229
 Ongoing Self-Hypnosis230
 Making your hypnosis work.....231
 Establishing a routine231
 Improving your effectiveness231

Chapter 15: Meeting the Family: Some Cousins of Hypnotherapy233

Looking at Reasons to Use Something Other Than Hypnotherapy234
 Asking why your hypnotherapist isn't using hypnotherapy235
 Making sure that you understand what your hypnotherapist is doing.....235
 Gazing at Eye Movement Desensitisation and Reprocessing (EMDR).....236
 Eyeing EMDR's theories237
 Wagging a finger: EMDR in action.....238
 Tuning into Thought Field Therapy (TFT).....239
 Feeling Out the Emotional Freedom Technique (EFT)241
 Talking about Neuro-linguistic Programming (NLP).....242
 Digging into the name243
 Looking at NLP in practice243

Part V: The Part of Tens247

Chapter 16: Ten Common Misconceptions about Hypnotherapy ..249

Hypnosis Is Magical and Mystical249
 You're Under the Power of the Hypnotherapist.....250
 Hypnosis Is Dangerous250
 Hypnosis Makes You Cluck like a Chicken and Lose Control.....251
 You Have to Keep Your Eyes Closed and Stay Completely Still251
 Hypnosis Is Therapy252
 You May Not Wake Up from Trance252
 You Go to Sleep during a Hypnosis Session253
 Some People Can't Be Hypnotised – Even if They Want to Be253
 You Don't Need a Hypnotist – You Can Hypnotise Yourself253

Chapter 17: Ten Pioneers of Hypnosis255

Franz Mesmer (1734–1815)256
 James Braid (1796–1860).....256
 Hippolyte Bernheim (1837–1919).....257
 James Esdaile (1808–59).....257
 Jean-Martin Charcot (1825–93)257
 Pierre Janet (1859–1947)258

Sigmund Freud (1856–1939).....	258
Clark L. Hull (1884–1952).....	259
Milton Erickson (1901–80).....	259
Ernest Rossi (1933–present).....	260
Chapter 18: Ten Qualities to Look For in a Hypnotherapist	261
Confidentiality	261
Honesty	262
Well-Trained	262
Empathy	263
Ethics	263
Experience	264
Tidiness	264
Punctuality	265
Non-Judgemental.....	265
Active Listening.....	265
Chapter 19: Ten Tips for Choosing a Hypnotherapy Training Programme	267
Making Sure the Institution Is Accredited	267
Training for Clinical Hypnosis, NOT Stage Hypnosis!	268
Looking at Length of Training.....	268
Going through the Interview Procedure	269
Sitting Still for Classroom-Based Training	269
Checking the Experience, Background, and Variety of Lecturers.....	270
Getting Help from Tutorials	270
Talking to Previous and Current Students	270
Offering Continuing Professional Development	271
Supporting You After Training	271
Appendix: Resources.....	273
Hypnotherapy Organisations	273
United Kingdom.....	273
United States	273
Canada	274
Australia	274
Training Institutions	274
United Kingdom.....	274
United States	275
Canada	275
Australia	275
Malaysia.....	275
Portugal	276
Spain.....	276

Useful Books276

 The Handbook of Hypnotic Metaphors and Suggestions.....276

 The Wisdom of Milton Erickson: The Complete Volume.....277

 Hartland’s Medical and Dental Hypnosis – 3rd Edition.....277

 Hidden Depths: The Story of Hypnosis277

 Training Trances: Multi-Level Communication
 in Therapy and Training278

 Patterns of the Hypnotic Techniques
 of Milton Erickson, Volume 1.....278

 Hypnosis and Hypnotherapy with Children, 3rd Edition278

 Time Distortion in Hypnosis: An Experimental
 and Clinical Investigation279

 Ericksonian Approaches.....279

 Clinical and Experimental Hypnosis279

Code of Ethics.....280

***Index*.....281**

