

What hypnosis can do for you:



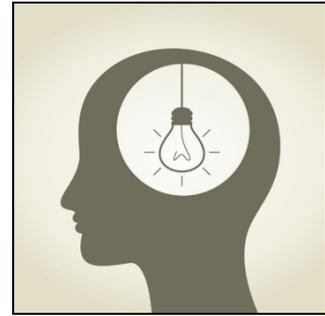
LorraineMcReight
HYPNOTHERAPY

A guide for clients

www.lorrainemcreight.co.uk

info@lorrainemcreight.co.uk

About hypnosis



“The session with Lorraine was relaxing and focused on my particular situation. At all times I felt in control and involved and left the session confident...”

Hypnosis feels a little like daydreaming; you remain aware of your surroundings, can open your eyes, speak or move if you wish. You may be surprised, but you are in control of the process and can resist being hypnotised if you are uncomfortable. Most people find the state of hypnosis very relaxing.

Every day we move between thinking mode, where our conscious mind processes information logically and our unconscious, which is an emotional or automatic response. At times there may be a divergence between these two sides. We might try to override our feelings and apply reason; to persuade ourselves that something makes sense or should or shouldn't be done. Where there is conflict between the conscious and unconscious, it's usually our emotional side that prevails and drives our decisions and behaviour.

Making changes or breaking old patterns can therefore be difficult at times. In hypnosis your attention narrows and becomes more focused and you enter a more creative and receptive state. In hypnosis you are more likely to be open to new ideas and solutions.

There are many different styles of hypnotherapy and I am qualified in Solution Focused Hypnotherapy, Ericksonian Hypnosis and NLP and Coaching. I am also trained in several psycho-sensory techniques and hold a diploma in CBT.

In my experience people don't come for a certain type of hypnotherapy, they come for a solution to their problem or problems. Usually they want to think, feel or act differently in some way. I use a blend of different techniques to tailor my approach to each individual client and their situation.

About me



For therapy to be successful you will need to feel comfortable with me, so rapport is essential. You will want to feel confident that you can trust me and that I can help with your concerns. That's why I offer a free consultation prior to booking.

[Try one of my free hypnosis recordings](#)

“Lorraine is a very warm and genuine person who I felt understood me and very clearly just wanted to help – which she did....”

I'm fully qualified and insured and a member of several professional therapy associations; I am a fellow of the Association for Professional Hypnosis & Psychotherapy (APHP) and am the Development Director of the National Council for Hypnotherapy. I'm registered with the Complementary & Natural Healthcare Council (CNHC) and am also a member of The Complementary Therapists Association (CThA). The founder and main tutor at London Hypnotherapy Academy, I am also a clinical supervisor for other therapists. I'm a regular blogger and writer on hypnotherapy and the issues for which hypnosis can be effective. Read some of my [articles](#) here.

**The Association for Professional
Hypnosis and Psychotherapy**



What to expect in your hypnotherapy session

In your free phone consultation we will discuss what you'd like to change and how we can work together. I'll explain the face to face or online therapy options and I'll talk to you about the number of sessions you might need. Most people find that 4 - 6 sessions result in positive and welcome changes in their feelings and / or behaviour.



“Hypnotherapy made me feel empowered to take control which was, and is a great way of changing a habit....”

When we meet me for your first session (online or face to face) we will discuss your concerns in more detail. You will have plenty of opportunity to ask any questions and when you're ready, we will begin the hypnosis part of the session.

At the end of your appointment we'll discuss what you could do at home before your next appointment. I will send you one of my free hypnosis downloads as well as additional resources that you can use if you choose.

In subsequent sessions we'll discuss your progress then continue with the therapy. I've trained in a number of different approaches that work really well in conjunction with hypnosis and I'm happy to teach you those which you can use at home. These techniques include Cognitive Behavioural Therapy (CBT), Emotional Freedom Technique ('Tapping') Psycho-sensory techniques and Mindfulness.

Therapy is a collaborative process and I will support you through your course of therapy. My job satisfaction comes from seeing clients achieve life-enhancing change and often very quickly too. I'd love to work with you to make important changes. Take the first step and [book an initial chat](#).

Popular Hypnotherapy Questions

How many sessions will I need?

It depends on the issue, the individual & if they have the opportunity to listen to my free recordings between appointments. Many people see me for 4 - 6 sessions & notice positive changes after only 1 or 2! Clients are often surprised how quickly they feel a big improvement, even if they've struggled with a problem for years.

How will I know if I have been hypnotised?

Everyone's experience is different; you may find that your mind wanders or feel as if you have been asleep. At the end of your session you are likely to feel calm, relaxed and focused, with a sense of wellbeing.

Will I bark like a dog or cluck like a chicken?

Only if you want to! (Although no-one has asked me for that yet).

What can hypnotherapy help with?

Almost anything; the mind controls everything. My clients choose hypnotherapy because they want to change how they feel, act or react.

Could/should I learn self-hypnosis?

Self-hypnosis is a great way to switch off and clear your thoughts. It's a superb tool to manage anxiety and reduce stress. As part of your session I can teach you techniques to use at home.

Will I lose control?

No. In hypnosis you are able to move, speak or open your eyes at any time. No one can hypnotise you against your will.

Is Hypnosis dangerous?

How is
meditation

Whilst both are very relaxing, working with a hypnotherapist can help you to make changes to how you think, feel or behave at a subconscious level.

Hypnosis is completely safe and is a naturally occurring state. We often go into a trance-like state when we take a familiar route, get absorbed in an activity or when we daydream. I will guide you into this pleasant state and will offer subtle, yet powerful suggestions that will help you make the changes you want to in a comfortable and relaxed

Are there any side effects?

*Yes!
You can expect to feel very calm, relaxed and have a new sense of perspective and wellbeing after a session of hypnotherapy.*

What is your success rate?

Do you offer guarantees?

I guarantee to always give you my full attention, to act with integrity and to be open with you about your therapy. I work in partnership with you, to help you achieve your goals.

It's impossible to give a statistic as it isn't ethical to monitor clients once they've completed their course of therapy. A significant proportion of my clientele come through personal referral from previous clients.

Do you provide any hypnosis recordings with your sessions?

All clients receive one of my relaxation recordings when they book a course of therapy with me, so you can get familiar with the sound of my voice and relaxing into self-hypnosis in the comfort of your own home before your first session if you wish. Other recordings will be available to you once you start your therapy. A short free download is available on my website. Why not try it now!

Next steps...

If you've had enough of being bullied or held back by your self-talk and want to discover the freedom that comes from ditching that script, get in touch.

01422 760344

I'll help you to ditch the narrative that's keeping you small, fearful, stuck or miserable, so that you can make choices based on your potential, not old outdated patterns.

info@lorrainemcreight.co.uk

Take the first step

[Book your free consultation now](#)

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