

## The Answers to some common questions.

### What is hypnosis?

Hypnosis is a state of unusually deep physical and mental relaxation. This mental relaxation is achieved by focussing the conscious mind on pleasant, relaxing, or neutral thoughts while the body becomes deeply relaxed. In this state, our subconscious is more open to positive suggestions and ideas, which are beneficial to us.

### What does it feel like?

There is no feeling of being hypnotised. Most people think that they haven't been hypnotised, but have just been very deeply and pleasantly relaxed.

### Can anybody be hypnotised?

Yes, if they want to be, except some of those with mental disabilities.

### What are the dangers of hypnosis?

There are none whatsoever. The worst thing that can happen you is that you might fall asleep! One of the benefits of hypnosis is that it is completely natural with no ill, side or after effects.

### Could I be made do anything against my will, or say something that I shouldn't?

No. You are in full control of what you do or say and fully aware of what is being said and done around you at all times.

### Do you need to have a "problem" to benefit from Hypnotherapy or NLP?

No, in fact many people just use them to improve their lives in all areas, health, home, work, social, sport, ambitions, motivation and are amazed at the benefits it brings them.

## Just some of the things that Hypnosis and NLP can assist with.

Smoking	Weight Control	Panic Attacks
Pain Control	Drinking	Blushing
Stress	Assertiveness	Bad Feelings
Relaxation	Stammering	Allergies Tinnitus
	Tension	Anxiety
Asthma	Phobias	Depression
Compulsions	Ulcers	Nightmares
Irritable Bowel	Insomnia	Concentration
Fetishes	Hay Fever	Addictions
Sexual Problems	Exam Nerves	Independence
Obsessions	Bed Wetting	Shyness
Nail Biting	Goal Setting	Shame
Indecision	Better Memory	Motivation
Public Speaking	Migraine	Childbirth
Substance Abuse	Self-Esteem	Guilt
Study	Concentration	Inferiority
Fear of Flying	Blood Pressure	Frustrations
Eating Disorders	Dental Anxiety	Headaches
Procrastination	Inhibitions	Impotence
Frigidity	Fears	Temper Control
Anger	Twitching	Creativity
Warts	Confidence	Stage Fright
Sales Improvement		Health Improvement
Better Communication		Some Skin Disorders

This is by no means an exhaustive list. Almost any ailment or problem can be helped in some way.

Bookings can be made by phone. Due to the nature of my work please leave a message for me and I will get back to you within the day. Consultations are strictly by appointment and it is regretted that casual callers cannot be seen.

**For details on personal and corporate training courses and coaching please see my website at**

**[www.kieranfitzpatrick.com](http://www.kieranfitzpatrick.com)**

# Hypnotherapy Explained

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**Kieran Fitzpatrick** is a Fellow of the International Association for Evidence Based Psychotherapy (**IAEBP**), dedicated to the ethical and professional use of hypnosis allied to the practice of Hypnotherapy, Psychotherapy, Hypno-Psychotherapy and Psycho-Analysis for the treatment of nervous disorders and emotional problems. He holds a Certificate, Diploma and Advanced Practical Diplomas in Hypnotherapy/Psychotherapy.

Members are bound by a Code of Ethics of the highest order, are trained and have had their knowledge and competences tested to the satisfaction of the Examiners' Board and are covered by professional indemnity insurance.

They also undertake to discharge every client at the earliest possible moment consistent with that client's good care.

Every member undertakes to respect the client's confidentiality at all times unable to even disclose to a spouse or family member that they were undergoing treatment.

Hypnosis and suggestions given under hypnosis will only be used in ways that will be beneficial to the client.

All IAEBP members utilise techniques of short-term, client centred, solution focussed therapy.

Members are equipped to offer most hypnosis based solutions and other techniques helpful in relieving many common and uncommon problems.

The IAEBP web site can be seen at [www.iaebp.com](http://www.iaebp.com)

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## Hypnosis and Hypnotherapy

Hypnosis is a natural phenomenon. We can all drift into a trance from time to time and do so several times a day, often while doing everyday tasks, even when driving. How often do we drift off when watching TV, a movie, reading a book or listening to our favourite music? Hypnosis is said to occur when we purposely bring on this state and deepen it until we become deeply relaxed both mentally and physically. Anybody can be hypnotised, if they want to be. Most people find it a deeply pleasant experience.

Hypnosis is neither sleep nor unconsciousness. It is very similar to that half asleep feeling in the morning or just before going to sleep. You are aware of your surroundings. You can hear and smell and see (if your eyes are open). You can speak and move and maintain control of your behaviour and decisions and can wake up at any time.

While in hypnosis, our conscious mind is relaxed and clear. This leaves some quiet for our subconscious mind, where all of our deepest thoughts, feelings and emotions are held, to do its work. This is also the part of our mind that controls all the major functions of our thoughts and body. It contains all of our beliefs whether they be right or wrong and all of our memories, fears and how we feel about them.

This is how hypnosis helps speed up therapy. It allows us to connect and apply our conscious logical mind directly to our powerful subconscious mind where true change happens.

Our feelings, fears or symptoms do not always make sense and seem to be outside of our control. Using hypnosis we can make sense of them, which permanently resolves feelings, fears, habits and conditions that previously seemed beyond our control.

## Suggestion Therapy

This kind of Hypnotherapy is used for more simple and straightforward problems such as smoking and other habits such as nail biting, some phobias, exam nerves, weight control, self-confidence, relaxation, etc. and usually requires only between one and three sessions. These will sometimes include an audio recording for self-hypnosis and reinforcement of the sessions at home.

## N.L.P.

NLP, or Neuro-Linguistic Programming is essentially a science of powerful change techniques based on how we represent the world through our senses and our beliefs. It does not always require formal hypnosis but can produce powerful, beneficial and rapid change in how we feel, think and behave.

**Kieran Fitzpatrick** is a Licensed N.L.P. and Certified E.M.D.R. Practitioner.

## Analytical Psychotherapy

This is similar to traditional therapy or analysis. However, with the use of hypnosis, the time required for this therapy to be beneficial is usually of the order of only eight to twelve hours, (a one hour session, once a week). Conventional therapy or analysis can take years to achieve the same results

This therapy is aimed at finding the root causes of problems. Many problems are caused by past experiences, unfinished business, guilt, fear, grief, sadness or anxiety. The release and understanding of these emotions brings about the permanent resolution of symptoms caused by events in our past.