

# The Hypnotherapy Myth

After meeting Carolyn Spiller a local clinical hypnotherapist in one of our Women Mean Business meetings I was intrigued to hearing about the benefits of Hypnotherapy. Like so many I wondered about the benefit of Hypnotherapy and was pleased to learn that you won't be put under a spell, fall into a trance and be made to do rather strange things.

I agreed to have a few sessions of Hypnotherapy from Carolyn to find out more about the benefits and see if it is an effective form of treatment to overcome many problems, including a reduction in stress levels and a deeper sense of relaxation.

I met Carolyn for an hour consultation to learn about the benefits and what I could expect from the sessions. It was insightful to hear that above all the benefits I would achieve a great

level of relaxation – music to the ears of a busy magazine editor.

Unlike most people I am not so good at knowing how to relax or can remember a time when I really did feel relaxed. After the consultation I felt reassured that Carolyn could possibly help me learn how to relax. Carolyn said "It's important that you find a hypnotherapist that you feel comfortable with and who you feel you can initially talk to with ease about any concerns that you have".

When I learnt about the list of problems Hypnotherapy could help with I was blown away. More so because I could see how each and every one of us through some stage of our lives could say they may have or are suffering from one of the following: anxiety and stress, depression, weight gain, lack of confidence and self-esteem, fears and phobias, a smoking habit, sleep problems.

The sessions were amazing, I could not believe how relaxed and at peace I was after each session. I am quite a hyperactive person and always seeking the busy hectic life so I knew I was going to be a challenge to work with. I couldn't believe how much full control I had throughout the entire Hypnotherapy session and I was certainly not made to do anything against my wishes. I was still very aware of what was going on around me.



Since my hypnosis sessions, I have become more confident, I am able to review every challenge in a positive light and recognise when I need to that it is ok to take some time out to relax. I have found an inner strength to deal with the daily challenges and I am not as worried as I used to be.

What I really noticed since having Hypnotherapy was that so many of my busy friends were racing through life at 110mph! That they soon enough may feel just as exhausted and overwhelmed with the challenges in home and work life as I had felt prior to having Hypnotherapy. I suggested to a couple of my friends to consider Hypnotherapy as I for one have realised, that not only do I have to invest time with my family, friends and work but more so find the time to invest in me!

By Tanya Brooks-Dowsett

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