What is self hypnosis?

Self hypnosis is a set of simple techniques which you can use to very quickly take yourself to a deeply relaxed state. This state in itself is wonderfully restful and invigorating and is akin to a peaceful meditative or 'alpha mind' state. In this state the busy conscious mind is in a quiet state of observation, and you can easily access both your subconscious and superconscious mind. You can also use this state to transition you into a peaceful sleep if you find that you are having difficulty going to sleep because your conscious mind is busy formulating thoughts or is worrying about some issue.

If you wish you can then also use affirmations, suggestions and visualisations to alter your subconscious programs to enable you to live a more capable and successful life. The power of affirmations or suggestions in this mind state are said to be 25 times as effective as those at your normal level of consciousness. You can also use this access to your subconscious and superconscious mind to receive answers to questions that are important to you. This is similar to the situation where when you go to bed with a problem in mind, you often find that your subconscious mind has provided an answer or approach for resolution overnight.

How do we learn self hypnosis?

As part of our individual and group therapy or workshop sessions, we teach you to create simple anchors which you can use to rapidly take yourself to a relaxed self hypnotic states.

We also make available Hypno-Meditation CDs which you can use to reinforce changes and further explore personal issues and self awareness.
If you can't attend our personal or group sessions, you can learn self hypnosis from our CDs which have tracks teaching these techniques.

To learn self hypnosis through a personal session or workshop or to make an inquiry please click Contact Us

Research information on self hypnosis

- Self-hypnosis has been used to treat a wide variety of clinical problems. Successful outcomes involving self-hypnosis with adults or children have been reported for the treatment of anxiety (including test anxiety, post-traumatic stress disorder, simple phobia and panic disorder), chronic pain (including psychogenic dysphonia, post-traumatic contractures of the hand, abdominal pain and tension headaches) and habit disorders (including smoking, over-eating, alcoholism and drug addiction) as well as in the management of mourning, hypertension, cancer, tinnitus, enuresis, insomnia and depression. The findings from empirical studies and case reports indicate merit in the clinical use of self-hypnosis, and point to some features of self-hypnosis that appear important in positive treatment outcomes. (Lucy O'Neill & Kevin McConkey, 'Treating anxiety with self-hypnosis and relaxation', *Contemporary Hypnosis*, 1999, vol. 16(2):68)

- In a research study involving over 100 patients suffering from stress-related conditions it was found that 75% felt their symptoms were improving after 12 weeks of self-hypnosis practice, within one year 72% of the group reported complete remission of their symptoms as a result of the self-hypnosis. (Maher-Loughnan, G.P. 1980, "Hypnosis: Clinical application of hypnosis in medicine", *British Journal of Hospital Medicine*, 23: 447-55)

- Over a six year period, 173 successive patients suffering from asthma were treated using self-hypnosis, 82% were either much improved or experienced total remission of symptoms. (Maher-Loughnan, G.P. 1970, "Hypnosis and autohypnosis for the treatment...
- A study of 20 individuals compared the use of self-hypnosis and relaxation therapy in managing anxiety over 28 days. Both groups were shown to have achieved significant reduction in psychological and physical symptoms of anxiety. However, the self-hypnosis group exhibited greater confidence in the positive effects of the treatment, higher expectation of success, and greater degrees of cognitive and physical improvement. (Lucy O'Neill, Amanda Barnier, & Kevin McConkey, 'Treating Anxiety with self-hypnosis and relaxation', Contemporary Hypnosis, 1999, vol. 16 (2): 68)

- 'Various case studies have reported the successful use of self-hypnosis in treating post-traumatic stress disorder, public speaking, simple phobia and panic disorder. Overall, previous speculations and empirical findings suggest that increases in a sense of self-reliance, self-control and self-efficacy may be central to the alleviation of anxiety through self-hypnosis.' (Lucy O'Neill, Amanda Barnier, & Kevin McConkey, 'Treating Anxiety with self-hypnosis and relaxation', Contemporary Hypnosis, 1999, vol. 16 (2): 68)