

Enhance the Power of your mind

...with hypnotherapy



Throw out what you have seen on the internet, television, stage shows and social media. Today hypnosis is used by professional sports coaches, professional performers, celebrities, neuroscientists and many medical centres & hospitals around the world.



www.sleephypnosis.co.nz

Tracey Gordon Hypnotherapy

What is Hypnosis and Hypnotherapy?

The state of hypnosis is a natural state which everyone enters at some stage during their day.

Hypnosis is a state between wakefulness and sleep where the body is relaxed and the mind can wander. Daydreaming or inattention can be thought of as a form of hypnosis. You are in hypnosis when you are concentrating on something of great interest such as when browsing the internet, listening to music, watching a movie, playing computer games, or reading a book where the imagination is taken away to another time or place. Another example would be what is known as highway hypnosis when you drive on a familiar road or on a long stretch of highway where you lose track of the time and suddenly wonder how you got there.

Hypnotherapy is a therapy that uses hypnosis to communicate directly with a person's subconscious mind. Specific techniques are used to bypass the critical factor of our analytical, judging, logical mind. The subconscious mind can be thought of as your own computer. Everything you have learnt or experienced is stored in the subconscious mind, from when you learnt to walk to how you learnt to interact with people. The subconscious mind is the storehouse for all your beliefs, values, feelings, emotions, long term memory, imagination, sense of self and behaviour. It is our creative mind. By using hypnosis as part of therapy, the hypnotherapist is able to re-educate the subconscious mind helping you to reach your goals.



What Does Hypnotherapy Feel Like?

Hypnosis is a natural state of mind and the hypnotic experience varies between people, with most relating it as an enjoyable feeling of deep relaxation. You may not feel any different to when you are day dreaming or relaxing in your favourite chair. Clients are often surprised that they hear what is said to them. When using hypnosis we activate the feeling/ creative part of the brain, so feelings and senses can be heightened and with this comes greater clarity and understanding. Overall it is a great experience and a chance to let go from our stress- filled world.

Is Hypnosis Safe and Do I Remain in Control?

We are always activating different areas of the brain throughout the day. With hypnotherapy we are simply helping you to activate and remain in touch with very specific parts of the brain while using specific techniques to get those parts to respond differently. During hypnosis you can hear what is being said. You can move around, sneeze, cough, laugh, cry, you can open your eyes anytime you wish and remember everything that has been said.





Can Hypnotherapy help Children?

Yes, children have amazing imaginations which can be extremely helpful when making changes with hypnotherapy. Hypnotherapy can help children with many problems including coping skills, eating habits, bed wetting, confidence, self esteem, reading, study, memory, exams, fears, motivation, sports, nail biting etc.

Learning self-Hypnosis

The best way to learn self-hypnosis is from a qualified hypnotherapist. You can learn self-hypnosis in just a few sessions. Its quick and easy to Learn. Ask about it today...

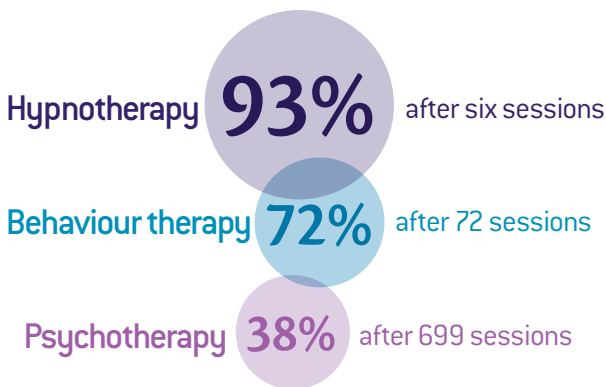
Why Use Hypnotherapy?

Some people have aspects of their life they wish to change.

For example: getting rid of a phobia, reducing stress and anxiety, removing a habit, improving confidence, enhancing sports performance or improvement to overall health.



When it comes down to it, your health should be the most important thing to think about.



Success rates after a review in various therapy techniques
Source: Psychotherapy Magazine (vol.7.no1 Alfred A Barrios, PhD)

Changes take place at a subconscious level because this is where our automatic patterns habits and responses are established. This is where hypnotherapy comes into its own as a powerful successful therapy.

Hypnotherapy supports

Behavioural Changes

- Managing Weight
- Virtual Intra Gastric Balloon program
- Insomnia
- Enhance Motivation
- Increase Confidence
- Manage Stress, Improve Relaxation
- Sexual dysfunctions
- Manage Anger, road rage etc

Habits

- Nail biting
- Bed wetting
- Hair pulling
- Thumb sucking etc

Health and Medical

- Fertility
- Childbirth, pre and post natal
- Relaxation, stress

- Headaches and migraines
- Irritable bowel syndrome-Injury and surgery recovery
- Dermatitis
- And much more

Fears & Phobias

- Public speaking
- Study anxiety
- Spiders, snakes, insects etc
- Flying, heights, elevators

Sport

- Skills and concentration improvement
- Getting past blocks or performance fears





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Dip Adv Hypnotherapy

Hypnotherapy is effective in relieving some medical conditions but you may need to be checked out by your doctor or appropriate health care professional first.

No guarantees as to the effectiveness of hypnotherapy for your particular problem are made or implied, as it is impossible to guarantee human behaviour or compliance. Hypnotherapy is not a quick fix. A hypnotherapist is considered a guide or facilitator. You assume equal responsibility by making a commitment and allowing yourself to be guided into a state of hypnosis. No one can make you do something against your will.



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www.iict.com.au



For more information or to make an appointment

Email: sleephypnosisnz@gmail.com

www.sleephypnosis.co.nz