

Have you ever been so involved with a task that you have lost track of time?
Have you ever driven from one place to another and arrived safely, but not remembered the journey?
Have you ever read a book and become so involved with the plot you can see scenery and hear characters speak?
Have you ever day-dreamed?

These are everyday examples of an altered state of awareness. Hypnosis is another example of an altered state of awareness one which can be used for self help.

It is a perfectly natural state which occurs between being fully awake and fully asleep. In the clinical setting hypnosis is usually accompanied by a pleasant state of physical relaxation which in itself is beneficial, especially in the symptoms induced by or aggravated by stress. The term Hypnotherapy means the use of hypnosis for the treatment and relief of a variety of somatic and psychological symptoms.

It is important to note that no one can be hypnotised against their will and no one can be forced to do things while under hypnosis that they do not want to do. During hypnosis, you will be aware of what is happening: most people do not "feel hypnotised." remaining in complete control.

Su Ricks-McPherson has earned

- BA(Hons) in History and Social Biology
- Diploma in Clinical and Advanced Hypnosis
- Diploma in Hypnosis and Psychotherapy
- NLP Practitioner
- NCH Senior Clinician Status
- Hypnotherapy Practitioner Diploma
- Certificate in Hypnotherapeutic Supervision
- Certified Instructor - National Guild of hypnotists



Su has been in the therapeutic profession since 2004 and is a qualified clinical supervisor and hypno-psychotherapist. She served as Executive Director of the National Council for Hypnotherapy from 2006 to 2008 and was received the NCH 2008 award for Researcher of the Year for her work on anxiety.

Su is a Candidate in Training with UK Council for Psychotherapy, full accreditation being awarded following 4 years of practice and CPD training in psychotherapy.



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Managing Weight Control with Hypnotherapy

So many people feel unhappy with their weight.

Some simply know that it is affecting their health, but for most being overweight affects their confidence and self-esteem.

"Being fat" is a thought always present in their mind.

Hypnotherapy can help with weight issues, whether you have just a few pounds to lose, or need help with more radical change....

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How can hypnotherapy help?

Before visiting a hypnotherapist, you may already have tried many ways to help yourself: will power, diets, exercise regimes, slimming classes and possibly even drugs to combat the fat, only to “fail” and regain the lost weight, plus more.

Most of us are well aware that a balanced diet and regular exercise are the best ways to manage weight. Yet even with that awareness, we still can't bring ourselves to do it.

It is the ongoing apathy that accompanies being overweight that keeps people stuck in this cycle of “self destruction”.

Do you need to take more control of what you eat, when you eat and how much?

Exercise is one of the keys to tackling obesity and also helps lift depression but this is a cruel and vicious cycle where the behaviour that will help, is the very thing that you have no motivation or energy to do.

We have all heard of “comfort eating” and it can be useful to look deeper at the underlying emotions that create the need to overeat. Food can make us feel better, but this is only temporary.

Frequently Asked Questions

Q. Will I be aware of what is happening and will I remember everything? *Yes to both questions!*

Q. Will I lose control? *No. You remain fully in control at all times – your therapists goal is to empower you to get the results you want, not to control*

Q. What is your success rate? *We are not ethically allowed to quote statistics, but all Brookhouse Hypnotherapy consultants monitor their results to ensure they are offering the best service.*

Q. Do you guarantee success? *It is never possible to guarantee human behaviour, but we will do all we can to help you achieve your goals*

Q. Will I have to “go on a diet”? *This is obviously up to you, however it is often just gaining more control over eating habits is all you need*

What are the potential benefits?

- ✓ hypnosis is a pleasant, relaxing experience during which you can gain understanding of your eating patterns
- ✓ your therapist can guide you towards the goals that you desire with hypnosis, you can gain control over your responses
- ✓ you can be confident in your therapists experience and commitment to you
- ✓ if you eat for emotional reasons, your therapist can help you find more appropriate ways of coping
- ✓ your therapist will work with you to increase your confidence and self-esteem

