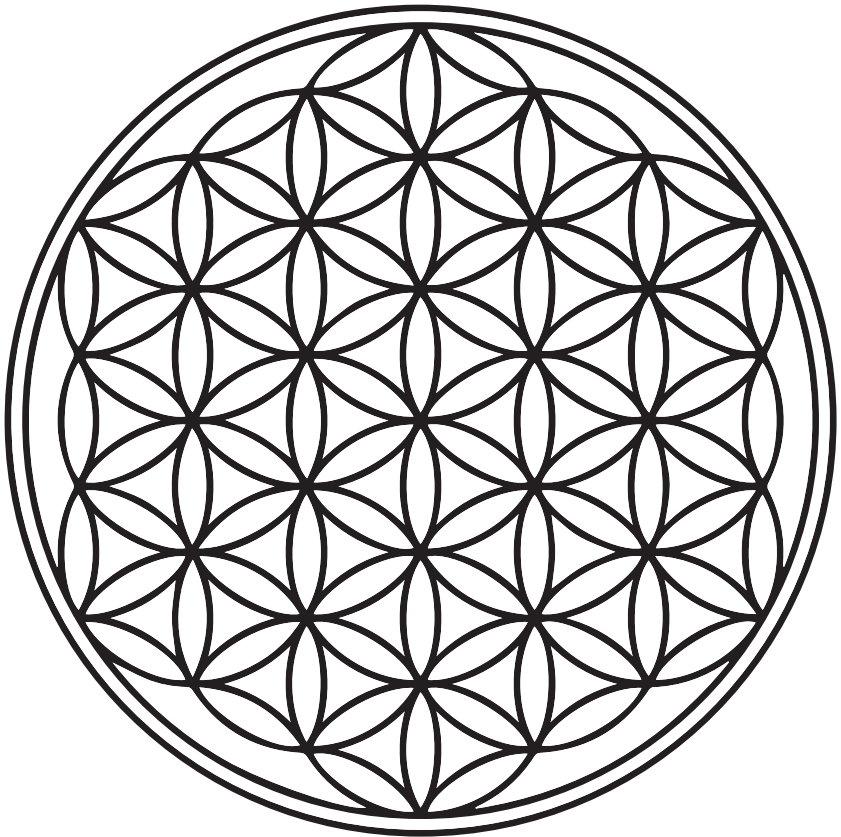


Clinical Hypnotherapy



What is Clinical Hypnotherapy?

Hypnotherapy is a spoken therapy aimed at altering unhelpful beliefs and habits. At St Gemma's we use this clinically to help with symptom management.

Hypnotherapy works by inducing a hypnotic trance state which is similar to day dreaming or becoming involved in a good book. It is an altered state of awareness that we naturally experience. That lovely sensation before falling asleep. In this hypnotic state you will generally be aware of what is going on around you and what is being said, however you are still alert and in control of your mind.

How can Clinical Hypnotherapy help?

Research has shown that Clinical Hypnotherapy may help with the following symptoms:

- Breathlessness
- Anxiety/fears/phobias
- Nausea and vomiting
- Insomnia
- Pain
- Stress
- Increase confidence/self esteem
- Panic attack

What happens in a session?

Following the initial assessment and consultation the clinical Hypnotherapist will invite you to relax in a comfortable chair and will guide you gently into a state of physical and mental relaxation. Whilst relaxed therapeutic suggestions are given to affect change then you are gently returned to a wakeful state. Most people find the experience deeply relaxing and pleasant.

Each session lasts approximately 60 minutes.

Goals for the therapy to be discussed and agreed at the first session and the number of treatments to be advised by the therapist. There may be occasions when Hypnotherapy may not be appropriate or beneficial and this will be discussed with the therapist on assessment.

Generally an alternative form of therapy can be offered in these circumstances.

Who can access Clinical Hypnotherapy?

Available for patients known to St Gemma's Hospice and their main carer.

Referrals to the service can be made by any health care professional within St Gemma's Hospice eg. Community Nurse Specialist, Day Services, St Gemma's Hospice In-Patient unit, and members of the Therapy Team.

Please contact the Complementary Therapy Team for further information on extension: 2069 or 0113 218 5567.

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