

## 1: Psychotherapy Using Medical Hypnosis – Bill Ronan LICSW & Medical Hypnoanalyst

*Hypnoanalysis is a form of regression therapy and is probably the most profound of therapeutic techniques. I like to think of it as 'the cream of therapies', for a very special reason - where 'conventional' techniques are undoubtedly effective for most people, they still tend to deal only with the presenting problem, most of the time.*

Therapeutic Hypnosis is often misunderstood, and perhaps even feared, because of the way it has been portrayed in books, media, movies, and television. Medical Hypnoanalysis is very different from those portrayals. Hypnosis is a natural state that we all enter at various times. It is similar to daydreaming or being so completely engrossed in a book or TV program that you may ignore someone speaking in the same room. Just before falling asleep every night, we pass through a phase that is very similar to hypnosis, called the alpha state. We are able to give ourselves suggestions while we are in the alpha state. For example, you may have once wanted to get up at a different time than usual. You may have reminded yourself just before falling asleep to wake up early and then found you had awakened at that early time. In that situation, you gave yourself the post-hypnotic suggestion to wake up early and this function is similar to how hypnosis works. Hypnosis is a state of consciousness. It can be measured using an EEG, an instrument that reads brainwave activity. What Does Hypnosis Feel Like? In general, therapeutic hypnosis is a pleasant feeling of relaxation. Many people expect to feel something special or different when in hypnosis, although it is a normal state. It is a state in which the body is relaxed and the mind is highly absorbed or concentrated. We have all been in this state many times before. Most people feel very relaxed and comfortable and so, have little desire to move or open their eyes, although this is possible whenever they would like to. Your Brain Waves Hypnosis is a normal brain wave state. Below are states of consciousness measured in hertz: Waking conscious state, alert, Hz Alpha: Hypnosis, daydreaming, creative, relaxed, closed-eyed, Hz Theta: Unconscious, asleep, deep sleep. The alpha waves that are measurable during hypnosis are also found during meditation. Bringing your mind to this state can be learned and practiced. There are many health benefits to be gained from this state, including the reduction of inflammation. When in hypnosis, people are aware of their surroundings in a detached manner. Because of this relative inner quiet, people are more receptive to positive suggestions. The mind is concentrated on the suggestions and pays little attention to other stimuli. No person can be hypnotized without consent. Everyone achieves their own hypnotic state by cooperating with the suggestions to relax and concentrate. In reality, all hypnosis is self-hypnosis. A person enters into the state willingly and with full awareness. It is an enjoyable experience. The hypnotherapist is like an instructor or coach, guiding you. In hypnosis, people can decide if they want to accept a suggestion and will not accept any idea or suggestion that is against their religion, values, or ethical principles. Hypnosis is a natural state of consciousness that people enter often and it is completely safe, therapeutic tool. Occasionally someone may experience a headache, but more often people experience pain relief. Some people feel fatigued after, but this is often because when relaxed, they realize how tired they are. Occasionally, people experience traumatic memories when in hypnosis. Such a phenomenon led to the discovery of hypnosis as a powerful therapeutic tool. In qualified hands, this experience can lead to profound healing. As with any other tool, it should be used only by a trained, qualified mental health professional or medical doctor. It is easy for the layperson to take hypnosis courses and advertise treatment. Can I Be Hypnotized? People enter and leave the state of hypnosis regularly – most of the time we call it daydreaming, drifting toward sleep, or concentrating. Permanent inability to go into hypnosis does not exist although there can be a temporary unwillingness. If one is willing to cooperate and learn to let go, a moderate to deep state of hypnosis can be achieved. What Is Hypnosis Used For? Therapeutic mentally, emotionally and physically, it can be used to alleviate insomnia, relieve pain, stress, and symptoms of stress-related illness, including high blood pressure. Hypnosis is also used to improve performance and to alter unwanted habits. Hypnoanalysis utilizes an organized protocol. It is a specialized method of psychoanalysis while a client is in hypnosis. This therapy is dynamic, solution-oriented, highly effective, directed and quicker than talk therapy. The therapist examines the symptoms and then seeks to find the root cause of the problem. After the cause has been discovered, treatment can then remove symptoms. It

may be used to relieve anxiety, insomnia, phobias, panic, depression, weight issues, smoking, relationship issues, guilt, poor self-esteem or sexual problems. It can also help relieve some physical symptoms such as chronic pain and chronic fatigue, asthma, allergies and other problems that have their roots in emotions or the way we think. Most people can handle many of their problems by using logical thinking. This is a safe method of changing the ideas in the subconscious that have been limiting the client and causing problems. For permanent change to occur, it is often necessary for the cause of the problem to be discovered, corrected, and removed.

## 2: Hypnoanalysis Therapy - Hampshire Hypnotherapy and Psychotherapy

*Medical Hypnoanalysis is a specialized method of psychoanalysis and psychotherapy which utilizes hypnosis to bring about a solution to the problem presented by the patient.*

Psychotherapy Using Medical Hypnosis Medical Hypnoanalysis is a search of the subconscious mind through the use hypnosis and very effective when used in conjunction with Psychotherapy. Hypnosis is key in unlocking the door to your health. This helps to identify the origin of the problem and redirect the emotional energy that sustains the problem toward a solution. Medical Hypnoanalysis opens the door to the subconscious; analysis helps you to understand the root cause of the problem. Hence the term, Medical Hypnoanalysis. Patients are treated individually with Medical Hypnoanalysis for concerns such as migraine or tension headache, anxiety, depression, pain modification, impotence, low self-esteem, irrational fears, dependency, stress, and compulsive behavior. All treatment is strictly confidential. Medical Hypnoanalysis is used for self-improvement, visualization and mental imagery for sports, memory training, and business success. Hypnoanalysis and visualization air also used as adjudicative therapy for cancer patients. Touching every facet of our lives as we learn more about the power of the subconscious mind, we can see just how hypnoanalysis can improve the quality of our lives both physically and emotionally. Areas that can be successfully treated by Medical Hypnoanalysis and subconscious analysis include: Sales, Sports, Study etc. What can you expect when you begin therapy? The consultation is the first step. Bill will take a complete and confidential psychological, family, social, and personal history. These individual factors are vital to treatment success. Therefore, a careful evaluation is extended to each patient. The initial consultation allows us to get acquainted, establish rapport, and provide necessary information to treat your specific problem Bill will discuss with you whether your problem can be treated with medical hypnoanalysis and, if so, estimate how many sessions of Hypnoanalysis will be required to help you resolve your problem. What Happens In Therapy? You can be assured that you will be guided by a reputable, dedicated professional who will put you at ease, offering personal care every step of the way. You remain aware and in control during all hypnotic sessions. The therapist guides you into a state of deep relaxation and helps you, where needed, to find the root cause of your problem. As a result, you and the therapist have greater access to the subconscious attitudes and feelings that shape behavior. Once the underlying reason of the problem has been defined, gentle suggestions are used, helping you to untie the subconscious knot and free you to live a healthier, more productive life. The old negative thought patterns are replaced using positive suggestions, which, in turn, can lead to a well, emotionally balanced, mature individual. By learning to relax and letting go, you can concentrate your mind better and become receptive to new and helpful suggestions. By realizing that some of your difficulties stem from negative thinking and feeling, you can learn to restructure those negative attitudes and create a more positive outlook and frame of mind. In order to implant positive suggestions in the soil of your subconscious mind, repetition is necessary. The more you repeat something, the more it becomes permanently implanted in your mind. You are able to use new information, new suggestions, and have time to rehabilitate your own thinking and incorporate it in your daily life. Through Hypnoanalysis and mental concentration, you apply the positive suggestions you receive. All patients are taught self-Hypnosis to further enhance their self-control. If you are interested in scheduling a consultation, or would like more information, please contact our office at We will enjoy hearing from you and will assist you in any way we can. Hypnoanalysis is viewed as a form of super-concentration, hyper-focus, fascination or mono-ideism of the mind, which is especially likely to occur as the result of induction procedures, meditation or emotion. Anyone capable of this can be affected by hypnotic suggestion Classical Conditioning. The state of Hypnoanalysis heightened suggestibility can be induced deliberately or accidentally. Accidentally is true especially in negative programming. An emotional incident or idea is thought to concentrate the mind, producing a condition of Hypnoanalysis, and any idea or thought then introduced acts as a hypnotic suggestion, so that many psychoneurosis, psychosomatic and psychotic conditions are, to all intents and purposes, the same in its structure as the behavior and symptoms arising from a hypnotic or post hypnotic suggestion. I find him to be highly ethical. Ronan since and I have

regularly referred patients to him over the years because of his specialty: I have also, with confidence, recommended his services to quite a number of physicians and other mental health practitioners. I have no hesitation giving William J. Ronan my highest recommendation. American Society of Clinical Hypnoanalysis I am impressed! Thank you for being an outstanding example of Hypnoanalysis in action. American Academy of Medical Hypnoanalysis Planning, practice and patience are the keys to eliminating undesirable behaviors!

## 3: Hypnotherapy - Perth, Australia - DR JULES LEEB

*Hypnotherapy and Hypnoanalysis and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App.*

There are two main types of hypnotherapy practised by IAPH therapists: The type of suggestion given will depend on the symptom you are wanting help with. Note that ALL suggestions given will be completely positive, and worded very carefully in order to get the very best results. This type of therapy session is ideal for: Suggestion therapy can be very effective, but the results are only temporary - hence it is particularly useful when short-term benefits are needed see above. Suggestion therapy only requires one, or maybe two sessions. To understand why Pure Hypnoanalysis is SO effective, please read the transcript below. Pure Hypnoanalysis usually takes weekly sessions, lasting about an hour each. Now, this is such a difficult and varied experience to generalise for the purpose of this explanation, but such a common experience, that most people will either have had some direct or indirect experience of it. A grieving process is very similar for most people: You may feel sad, you may feel guilty, you may feel pain, or loss, or anger, or shame, or happy, or any other type of emotion - the bottom line is the same though: The thought comes into your mind, and you feel the emotion. The longer the grieving process goes on, the less and less the emotion bubbles to the surface, and you find it easier and easier to get on with your life. Immediately after the loss, you cannot even think about your loved-one without breaking down and sobbing. People resolve things at their own pace. Have you ever noticed how some of your friends get over things very quickly, yet some are still conflicted many years later? Two years later, they are getting on with their lives. Why then, are some people afraid of; spiders, dogs, flying, darkness, being alone, being judged, wetting themselves etc all their lives? If they could get over the death of a loved one in two years, how come they still have their fear of spiders twenty years later? The same question can be asked in relation to symptoms: Why is it that most ex-smokers put on weight? Why is it that most depressed people stay depressed, compulsives stay compulsive, nailbiters stay nailbiting, obsessives stay as obsessive, shy people stay shy????? How come all these emotionally-driven symptoms remain, to a greater or lesser extent, year-in, year-out? Alternatively, you could talk to any one of the , people every year, who have their anxieties resolved by releasing their bottled-up emotional conflicts, after seeing an IAPH therapist. Does that sound too good to be true? Does that sound unbelievable? You have dealt with it, you have grieved for it, you have resolved it, and it will NEVER bother you again. Much like the analogy above of the grieving process in respect of the death of a loved one, you have resolved the bulk of the emotion, and are able to get on with your life. But how do we know where to find those emotions? If the emotions are completely bottled up, and hidden away from consciousness, how do we access them? That is the 6., dollar question! If the sufferer went for psychotherapy, they would probably receive a more in-depth version of the counselling above. Without getting to the bottled-up CAUSE of the phobia though, the sufferer can only obtain a limited resolution. They are all able to help people to change their lives - when they are used in the correct setting, for the right sort of problem. Pure Hypnoanalysis simply creates a safe, trusting and confidential environment where the natural therapeutic process can work, ALLOWING the client to slowly bring all the bottled up emotions to the surface. Create the right relationship, show the client how to utilise the natural therapeutic process, and in six or seven sessions the bottled-up emotions will be resolved. What happens in a typical session? Over a period of about weekly hour-long sessions 7 the client is gently relaxed into a very light hypnotic state they are wide-awake, fully in control, but very relaxed and whilst in this relaxed state, asked to verbalise recollections that spring into their mind. Our research suggests that many therapies fail to utilise this natural therapeutic process because the therapist has either tried to a short cut it e. All of these things simply slow down or halt the natural process of simply allowing the emotions to surface in a very caring, non-judgemental atmosphere 9 The lack of understanding of what I have referred to as the natural therapeutic process, is, in my opinion, the single biggest reason why there are so many different types of therapy available today: Why would anyone chose to go through their life, continually fighting to get control over individual symptoms weight, smoking, phobias, depression etc when they can permanently resolve them in just a few

sessions? A summary of Pure Hypnoanalysis Pure Hypnoanalysis as taught and practised by the IAPH has been in a constant state of development since , and - we believe - is the most effective effective form of therapy currently available in the world. Pure Hypnoanalysis offers a complete and permanent resolution. Pure Hypnoanalysis only takes a few weekly sessions - usually just In fact, you will only ever be charged for a maximum of 12 sessions To make an appointment, call us on or e-mail us at: How long the therapy does take, is dependent on many factors including: True free-association is about getting the right connection from each experience that a client relatesâ€¦. If you would like to be able to practise this amazing therapy, please click here to go to our training course page. IAPH data and feedback shows that there is a no faster, more effective or liberating therapy available today. You can achieve more in eight hours of Pure Hypnoanalysis, than four years of traditional psychotherapy. The rapid nature of the therapy just sessions means that anyone, from any background, can now have access to this amazing life-changing intervention. Have a look at the symptoms page to see how many symptoms have already treated successfully by members of IAPH.

### 4: Medical Hypnoanalysis – Dr. Richard Ward- Medical Hypnosis – Orthodox Psychotherapy

*The two most useful methods of hypnoanalysis are free association, a technique pioneered by Sigmund Freud and which is astonishingly powerful when coupled with the use of hypnosis, and direct regression, which, as its name suggests, is a more direct route through the jungle of the subconscious.*

**HypnoAnalysis** What is HypnoAnalysis? Whereas a detailed psychoanalysis can take many months of treatment, but will provide a comprehensive picture of an individual's mental state, HypnoAnalysis resolves specific issues quickly and effectively. Unlike psychoanalysis, however, the patient is not stressed by the HypnoAnalysis experience, instead benefits from the stress reducing nature of hypnosis. For example, an individual comes to us with stage fright. If we offered psychoanalysis, we would sit with him for months talking about and questioning his beliefs and thought processes before determining what the issue may have been and then talked through solutions, e. There are, then, a number of alternative options to take that can help the individual re-integrate the event in a more positive way. The most common reason for the issues that we treat, as in the case above, is a traumatic experience from childhood. A child does not have the same mental capacity, or clarity, in many respects as an adult has and, as a result of this, can integrate experiences to memory in a misguided manner, resulting in unhelpful habits, beliefs, etc. There is nothing wrong with this. It is perfectly natural, and simply reflects our stage of mental development at the time of the experience. HypnoAnalysis, because it is a hypnosis based therapy, places the individual in a relaxed state, thereby mitigating, or completely eliminating, the stress, anxiety, or fear reactions that recall of the incident might create. The individual therefore remains feeling safe, calm and in control of the process while being guided by the therapist. How does HypnoAnalysis differ from Clinical Hypnotherapy? HypnoAnalysis is probably more empowering for the individual than Clinical Hypnotherapy. Both can achieve the goal through different means, however, in general, Clinical Hypnotherapy places the control in the hands of the hypnotherapist to come up with an effective solution to overcome the problem, e. This is a difficult, but important, question to answer! Experience shows that many people have changed their lives completely after their sessions. It is your choice, and you will get back what you put into the process. Change comes from within yourself. If you want to change something – REALLY want it – then we can and will help you deliver permanent change through the use of the amazingly effective HypnoAnalysis techniques. What can HypnoAnalysis help me with? It may sound terribly flippant, but HypnoAnalysis can help with every problem – even things such as losing weight or stopping smoking which are traditionally dealt with using Clinical Hypnotherapy. Ultimately, you as a person will need the most effective solution that we can offer for your unique needs, and therefore we would only advise a specific course of treatment after we have conducted our initial consultation. In general, however, we have found that HypnoAnalysis is a powerfully effective treatment for individuals presenting with such problems as:



### 5: The Woodlands Therapy | The Woodlands Medical Hypnoanalysis | TX | Teresa L. McGrath LPC |

*The therapist builds up a Jungian type of hypnotherapy and hypnoanalysis based upon Eve's fairy tale experiences come from her childhood. The patient's absolute good and evil self- and object representations develop in a mutual relationship each other in the form of miscellaneous symbols.*

The type of suggestion given will depend on the symptom you are wanting help with. Note that ALL suggestions given will be completely positive, and worded very carefully in order to get the very best results. This type of therapy session is ideal for: Suggestion therapy can be very effective, but the results are only temporary - hence it is particularly useful when short-term benefits are needed see above. Suggestion therapy only requires one, or maybe two sessions. To understand why Hypnoanalysis is SO effective, please read the transcript below. Hypnoanalysis usually takes weekly sessions, lasting about an hour each. Hypnoanalysis, a special type of hypnotherapy, is an amazing therapeutic process, developed to help people to permanently resolve their unconscious anxieties and conflicts, freeing them from their symptoms and problems in life. Now, this is such a difficult and varied experience to generalise for the purpose of this explanation, but such a common experience, that most people will either have had some direct or indirect experience of it. A grieving process is very similar for most people: You may feel sad, you may feel guilty, you may feel pain, or loss, or anger, or shame, or happy, or any other type of emotion – the bottom line is the same though: The thought comes into your mind, and you feel the emotion. The longer the grieving process goes on, the less and less the emotion bubbles to the surface, and you find it easier and easier to get on with your life. Immediately after the loss, you cannot even think about your loved-one without breaking down and sobbing – people resolve things at their own pace. Have you ever noticed how some of your friends get over things very quickly, yet some are still conflicted many years later? Two years later, they are getting on with their lives – Why then, are some people afraid of; spiders, dogs, flying, darkness, being alone, being judged, wetting themselves etc all their lives? If they could get over the death of a loved one in two years, how come they still have their fear of spiders twenty years later? The same question can be asked in relation to symptoms: Why is it that most ex-smokers put on weight? Why is it that most depressed people stay depressed, compulsives stay compulsive, nailbiters stay nailbiting, obsessives stay as obsessive, shy people stay shy????? How come all these emotionally-driven symptoms remain, to a greater or lesser extent, year-in, year-out? Alternatively, you could talk to any one of the , people every year, who have their anxieties resolved by releasing their bottled-up emotional conflicts, after seeing an IAEBP therapists. Does that sound too good to be true? Does that sound unbelievable? You have dealt with it, you have grieved for it, you have resolved it, and it will NEVER bother you again. Much like the analogy above of the grieving process in respect of the death of a loved one, you have resolved the bulk of the emotion, and are able to get on with your life. But how do we know where to find those emotions? If the emotions are completely bottled up, and hidden away from consciousness, how do we access them? That is the 6., dollar question! If the sufferer went for psychotherapy, they would probably receive a more in-depth version of the counselling above. Without getting to the bottled-up CAUSE of the phobia though, the sufferer can only obtain a limited resolution. They are all able to help people to change their lives – when they are used in the correct setting, for the right sort of problem. So how does Hypnoanalysis work? Hypnoanalysis simply creates a safe, trusting and confidential environment where the natural therapeutic process can work, ALLOWING the client to slowly bring all the bottled up emotions to the surface. Create the right relationship, show the client how to utilise the natural therapeutic process, and in six or seven sessions the bottled-up emotions will be resolved. What happens in a typical session? Over a period of about weekly hour-long sessions 7 the client is gently relaxed into a very light hypnotic state they are wide-awake, fully in control, but very relaxed and whilst is this relaxed state, asked to verbalise recollections that spring into their mind. Our research suggests that many therapies fail to utilise this natural therapeutic process because the therapist has either tried to a short cut it e. All of these things simply slow down or halt the natural process of simply allowing the emotions to surface in a very caring, non-judgemental atmosphere 9 The lack of understanding of what I have referred to as the natural therapeutic process, is, in my opinion, the



single biggest reason why there are so many different types of therapy available today: Why would anyone chose to go through their life, continually fighting to get control over individual symptoms weight, smoking, phobias, depression etc when they can permanently resolve them in just a few sessions? A summary of Hypnoanalysis Hypnoanalysis as taught and practised by the IAEBP has been in a constant state of development since , and - we believe - is the most effective effective form of therapy currently available in the world. Hypnoanalysis offers a complete and permanent resolution. Hypnoanalysis only takes a few weekly sessions - usually just To make an appointment, call us on or e-mail us at: How long the therapy does take, is dependent on many factors including: True free-association is about getting the right connection from each experience that a client relatesâ€¦. If you would like to be able to practise this amazing therapy, please click here to go to our training course page. IAEBP data and feedback shows that there is a no faster, more effective or liberating therapy available today. You can achieve more in eight hours of Hypnoanalysis, than four years of traditional psychotherapy. The rapid nature of the therapy just sessions means that anyone, from any background, can now have access to this amazing life-changing intervention. Have a look at the symptoms page to see how many symptoms have already treated successfully by members of IAEBP.

## 6: Hypnoanalysis | Analytical Hypnotherapy - Hypnotherapy Directory

*Hypnoanalysis is a form of hypnotherapy that aims to discover and resolve the root cause of a concern. It draws on concepts from analytical psychotherapy and uses these with hypnotherapy techniques. The hope is that hypnoanalysis can resolve problems rather than manage symptoms, and therefore address long-standing issues.*

It is similar to daydreaming or being so completely engrossed in a book or TV program that you may ignore someone speaking in the same room. Here is another example. Just before falling asleep every night, we pass through a phase that is very similar to hypnosis, called the alpha state. We are able to give ourselves suggestions while we are in the alpha state. For example, you may have once wanted to get up at a different time than usual. You may have reminded yourself just before falling asleep to wake up early and then found you had awakened at that early time. In that situation, you gave yourself the post hypnotic suggestion to wake up early and this function is similar to how hypnosis works. Hypnosis is a state of consciousness. It can be measured using an EEG, an instrument that reads brain wave activity. What Does Hypnosis Feel Like? In general, therapeutic hypnosis is a pleasant feeling of relaxation. Many people expect to feel something special or different when in hypnosis, though it is a normal state. It is a state in which the mind is highly absorbed or concentrated. We have all been in this state many times before. Most people feel very relaxed and comfortable and so, have little desire to move or open their eyes, although this is possible whenever they would like to. Your Brain Waves Hypnosis is a normal brain wave state. Below are states of consciousness measured in hertz: Waking conscious state, alert, Hz Alpha: Hypnosis, daydreaming, creative, relaxed, closed-eyed, Hz Theta: Unconscious, asleep, deep sleep,. The alpha waves that are measurable during hypnosis are also found during meditation. Bringing your mind to this state can be learned and practiced. There are many health benefits to be gained from this state, including the reduction of inflammation. When in hypnosis, people are aware of their surroundings in a detached manner. Because of this relative inner quiet, people are more receptive to positive suggestions. The mind is concentrated on the suggestions and pays little attention to other stimuli. No person can be hypnotized without consent. Everyone achieves their own hypnotic state by cooperating with the suggestions to relax and concentrate. In reality, all hypnosis is self-hypnosis. A person enters into the state willingly and with full awareness. It is an enjoyable experience. The hypnotherapist is like an instructor or coach, guiding you. Can the Hypnotherapist Control My Mind? In hypnosis, people can decide if they want to accept a suggestion and will not accept any idea or suggestion that is against their religion, values, or ethical principles. Hypnosis is a natural state of consciousness that people enter often and it is completely safe, therapeutic tool. Occasionally someone may experience a headache, but more often people experience pain relief. Some people feel fatigued after, but this is often because when relaxed, they realize how tired they are. Occasionally, people experience traumatic memories when in hypnosis. Such a phenomenon led to the discovery of hypnosis as a powerful therapeutic tool. In qualified hands, this experience can lead to profound healing. As with any other tool, it should be used only by a trained, qualified mental health professional or medical doctor. In most states, including Wisconsin, there are no guidelines or licensing requirements in order to conduct hypnosis. It is easy for the layperson to take hypnosis courses and advertise treatment. Can I be Hypnotized? People enter and leave the state of hypnosis regularly—most of the time we call it daydreaming, drifting toward sleep, or concentrating. Permanent inability to go into hypnosis does not exist although there can be a temporary unwillingness. If one is willing to cooperate and learn to let go, a moderate to deep state of hypnosis can be achieved. What is Hypnosis Used For? Therapeutic mentally, emotionally and physically, it can be used to alleviate insomnia, relieve pain, stress and symptoms of stress related illness, including high blood pressure. Hypnosis is also used to improve performance and to alter unwanted habits. It is a specialized method of psychoanalysis while a client is in hypnosis. It utilizes hypnosis to bring about a solution to the problem presented by the client. This therapy is dynamic, solutions oriented, highly effective, directed and quicker than talk therapy. I examine the symptoms and then seek to find the root cause of the problem. After the cause has been discovered, treatment can then remove symptoms. It may be used to relieve anxiety, insomnia, phobias, panic, depression, weight issues, smoking, relationship issues,

guilt, poor self-esteem or sexual problems. It can also help relieve some physical symptoms such as chronic pain and chronic fatigue, asthma, allergies and other problems that have their roots in emotions or the way we think. Most people can handle many of their problems by using logical thinking. This is a safe method of changing the ideas in the subconscious that have been limiting the client and causing problems. For permanent change to occur, it is often necessary for the cause of the problem to be discovered, corrected, and removed. This is especially convenient for out -of- town, out- of- state and international clientele because, depending on the goal of the client, a program can be completed within 1 to 2 weeks. Please visit my Contact Page for local accommodations, dining and shopping options for your visit and to reach me. Physical illness and pain should be assessed by a medical doctor. For more about Clinical Hypnosis, click on the link below: Madison Counseling Solutions is located in beautiful and friendly Madison, Wisconsin, on the near west side. Thank you for contacting me. Please indicate below what time periods are best for you within the next 48 hours, or so, to receive a call from me. This call would last about 20 minutes and I will confirm a time to speak with you via e-mail. Be sure to use an e-mail address at which you are comfortable receiving an e-mail from me. Due to the nature of e-mail , please use this contact form for contact and scheduling purposes only.

### 7: Hypnoanalysis Training Courses | Call:

*This book was written in response to the needs of many professionals who have sought training in clinical hypnosis. We have tried to fold into a single volume a comprehensive review of the scientific understanding of hypnosis, above all, a detailed account of the typical hypnotic procedures with.*

Regression Therapy in Medical Hypnoanalysis Regression: But lately it has come under fire for creating false memories. The truth of the matter is that it does work, but the Medical Hypnoanalyst must be very careful when directing the regression. And this ability can be very useful when treating someone for overeating, or helping them achieve athletic and career goals. But combining age regression and visualization must be done very carefully. The subconscious mind retains every bit of information that it receives. If someone is having trouble retrieving a memory, the Medical Hypnoanalyst may suggest that they visualize something that will help them retrieve it. If the suggestion is not carefully worded the mind may confuse the image with the memory. For this reason it is very important to use Non-Directive Medical Hypnoanalysis. She recently came to a colleague to discuss a personal development, which she did not understand. As far back as she could remember, she had always felt a certain sadness when visitors left her home; but the situation was becoming increasingly troublesome. The emotional upsets were no longer limited to loved ones, but happened whenever anyone went out the door. The feelings were growing stronger, and now also resulted in tears and severe crying spells bordering on hysteria. The situation seemed to be out of control and she felt it demanded attention. A friend suggested Medical Hypnoanalysis. After interviewing her, and testing her for suggestibility, the Medical Hypnoanalyst decided that some event in her childhood had resulted in a psychological imprint which had either been forgotten, or had not been consciously recognized as the cause. The subsequent meeting was designed to make use of techniques of hypnotic regression, the reason being to search for the Initial Sensitizing Event ISE involved in the development of the predicament. The Medical Hypnoanalyst felt that something had occurred which produced a psychological imprint, which afterward had been forgotten or had been unrecognized for the effect it could produce. It might have implicated parents, teachers, relatives, siblings or some unique event independent of other human connections. Regression could pull back the covers of the past to disclose the underlying factors. The Medical Hypnoanalyst instructed her to go back to the time and place where she first remembered the problem happening. The regression proceeded normally. Since the Medical Hypnoanalyst had no information of either the age or conditions implicated, the client was merely instructed to go back in time to the year and place where the dilemma originated. Programmed to view the occurrence as if it were a television show and to be able to talk about it, the client was asked what was going on. He suggested that she view the event as if it were a television show and to describe what she saw. Her father had just died and was lying in the living room. She was called down and instructed to kiss her father good-bye, which she did. The clarification and the impression of doors were locked subconsciously into the three-year-olds mind. There was no understanding, simply an authoritative declaration that going out a door led to something dreadful. The well-meaning family wanted to avoid a situation where a child, not understanding what death was, would not constantly be expecting her father to return. Without realizing what they had done, they had created an association between death and doors that remained locked in her subconscious. To her three-year-old mind, there was no understanding, only an authoritative statement that going out the door would lead to something terrible. As with most cases of this sort, understanding the cause was enough to solve the problem. While traditional psychoanalysis might have required years to discover the cause of the problem, a Medical Hypnoanalyst solved in it just a few sessions. Having discovered the casual factor and adjoining state of affairs, the Medical Hypnoanalyst in the course of Medical Hypnoanalysis guided the client into releasing the past to the past where it would have no additional effect on the present or the future. This was in itself adequate to resolve the predicament. From that moment of understanding the difficulty vanished immediately. In three years it has not returned. Age regression has proved priceless in Medical Hypnoanalysis. Its use in psychotherapy, following the work of the late internationally recognized psychiatrist, William J Bryan has been expanding steadily. Regression, as in the

case cited, has proved an excellent medium for rooting out causes. In numerous cases of stress or anxiety, the causing factors are unidentified to the conscious mind. But the unconscious, immeasurably larger and more influential, is the seat of all remembrance and can bring forth from memory information and proceedings related or relevant to the tribulations at hand. Fears and phobias often have veiled, repressed or concealed causes which can be ferreted out in the course of Medical Hypnoanalytic age regression. Hypnotic journeys into the times of yore can come across very sensitive and delicate revelations, and solid trust and comfort involving the participants is indispensable to the realization of goals. Such professionals typically do not assert that the experience recalled in such regression is automatically legitimate, noting that regression could call up past fantasies, imaginings or dreams. The consensus seems to be, however, that whether the recalled experience is real or imagined is really not important if it solves the problem, which is often the case. However, it can run a risk if the client were to believe some to be true that is not true. Regression, of any kind, presents no particular risks in the hands of a competent and trained Medical Hypnoanalyst. It can offer major advantages in illuminating the sources of troubles. A Key tool of the Medical Hypnoanalyst

Door To The Past Perhaps you have a habit, a fear or phobia, a reaction or an attitude, which creates a problem in your life. It may be that you have no idea why this problem exists or where it came from. But problems tend to have had beginnings or causes. Quite often, simply knowing and understanding the cause is in itself sufficient to effect a cure. Medical Hypnanalytic regression can ferret out causes of problems even when the causing event, experience or trauma has been suppressed, repressed or forgotten, by the light of understanding, appropriate Medical Hypnoanalysis can be undertaken to resolve, explain or otherwise deal with the problem. And Medical Hypnoanalysis, by its own nature, is short-term therapy. The treatments do not go on endlessly. Results are often rapid. Results are typical but not guaranteed! Be a better you and contact certified Hypnotherapy Practitioner Bill Ronan today! Evening and weekend appointments are available.

### 8: Focus on Hypnotherapy & Hypnoanalysis - Hardy-Holley Team

*Hypnoanalysis. Hypnoanalysis Therapy in Wolverhampton. Hypnoanalysis is the combination of Hypnosis and Psychoanalytical therapy designed to help a person uncover, understand and resolve problems that may have a root in past negative experiences and traumatic events.*

Hypnoanalysis Is the most advanced form of therapeutic hypnosis, also called Medical Hypnosis or Medical Hypnoanalysis. It is a very structured approach to resolving the cause of the problem, rather than just the symptom. It combines both hypnosis and hypnotherapy and adds additional advanced techniques and tools. In the relaxed hypnotic state, the subconscious mind is more accessible. Hypnoanalysis uses various techniques to allow the subconscious mind to reveal the original cause of the problem so that, working together, the client and therapist can understand and resolve the origin of the problem rather than just treat the symptom. For example, in the case of a phobia, some stimulus got connected to a physiological response of panic. Discovering when that got connected and resolving that event can bring rapid relief of the phobia. Another example is that a child may carry that wrong belief into adulthood and develop symptoms to compensate for the feelings that go with them. As an adult one may recognize that the feelings and beliefs are inaccurate, uncomfortable or in some way unhelpful. This is because the conscious, decision-making part of the mind does not have access to where those feelings and thoughts originate. However, when in hypnosis, the origin of the thoughts and feelings are available. Going back to the key memory while in hypnosis, gives the adult the chance to reinterpret the event more appropriately. Once that is done, it is often a relatively simple matter to give up the symptom, given positive reinforcement to do so, thus replacing the old, negative beliefs. The term hypnoanalysis refers to the process of analyzing the cause of the problem. He has been practicing and teaching hypnosis since He has been associated with AAMH since How Does Hypnoanalysis Work? Many people have problems that they have tried to resolve in other ways, including counseling or therapy. Those forms of therapy are limited because they only have access to the conscious mind. Some people have used medications to help reduce their symptoms. However, merely treating the symptoms does not resolve the cause of the problem. Hypnoanalysis works specifically because of the effect of hypnosis on the mind and body. When a person is in a state of hypnosis, the conscious mind goes into the background. This makes the part of the mind that stores the information about the cause of the problem, available to actually make the changes a person wants to make. When the emotional cause of the problem is healed, the problems with the feelings, thoughts, and body are usually relieved. Therapy time and energy are put into finding and removing the underlying cause of the problem. Once the cause is removed, the person can begin developing new, healthy ways of thinking, feeling, acting, and being in the world through carefully designed suggestions. True change takes place so clients can meet their goals. Traditional talk therapies can take years to achieve lasting results. Using hypnosis greatly speeds the process which often brings permanent relief. What Is Hypnosis used for and how long does it take? There are many facets to the practical and therapeutic uses of hypnosis. Hypnosis, including self-hypnosis, can be used to reduce stress, and relax. This state is very positive mentally and physically. Regularly getting into this state can help relieve symptoms of stress related illnesses including high blood pressure. Especially during times of high stress, practicing self-hypnosis daily can help reduce the chance of physical problems. It can aid sleep by helping people keep their minds off negative thoughts that may be keeping them awake. Also, being in a deeply relaxed state can have an effect on pain relief. Most people can learn to effectively use self-hypnosis to relax in sessions. Depending on the goal, hypnotherapy can take from sessions. Hypnoanalysis is not a medical treatment and Don Hardy-Holley is not a doctor, and physical illness and pain should be assessed by a medical doctor. Most people experience significant relief from their symptoms in sessions.



### 9: Hypnoanalysis - Hypnotherapy Derbyshire - Derby Chesterfield Nottingham

*Hypnosis has many uses and applications. Medical Hypnoanalysis and / or Hypnotherapy has been successfully used to manage many physical & mental conditions and Increase human potential.*

Hypno-analysis Finding the causes of your problems Hypno-analysis is used to discover the original cause of psychological and emotional problems. It is a means to get to the root cause of the problem. Once it is revealed and removed, the symptoms should permanently disappear. The type of illnesses which can be helped by this therapy is truly amazing; Anger, stress, lack of confidence, stammering, stuttering, shyness, sexual abuse, childhood trauma, bullying, PTSD and many more. Because of this, Hypno-analysis has a very special ability of helping many symptoms at the same time. Also it can clear your buried emotion if you have had a difficult or challenging childhood. The best way to help problems caused by blocked emotions is to release these feelings. This can be done by using Hypno-analysis. It is, in essence, very simple. What Is The Treatment? What will it feel like? First there is a free initial consultation of 30 minutes where you can discuss your problems with the therapist. Next he will ask you for some general background information and then he will explain the therapy to you in detail and answer any questions you have. After this you will be asked to lie on a couch and close your eyes. You will then be relaxed by the therapist into a calm and peaceful state. This is what Hypnosis feels like. At all times you will be totally aware and awake. This hypnotic state is a normal and natural state which is very pleasant. If you have been in meditation or listened to a relaxation CD or just day-dreamed, then you have been in this state. You are not asleep. Your conscious mind is simply in a quiet state while your subconscious mind is able to focus on images and memories more easily. You will also be able to converse freely, and you will be totally aware of everything which is happening. This take only a few minutes and then you will be guided back into your past and asked to say whatever comes into your mind - memories from the past. You will not be led in any way. By remembering one incident after another, your thoughts will lead you back to events and emotions from your past "adult and childhood. It is aimed at recreating the emotions from your past, to feel them again, and release them. Most of the memories which come up though are ordinary and trivial, things you know about, everyday things. Some though will have negative feelings or associations. This process can at times bring back and help you to release intense feelings locked away deep in your unconscious. It is by releasing these emotions you can be freed from your symptoms. All the time you will be guided and looked after by the therapist who is trained to give you the best care in this sometimes vulnerable situation. The analysis is a very specialised and highly effective therapy which is aimed to help you re-experience those feelings which are mainly from childhood. As an adult you can deal with them now as a mature person, putting them in their correct place. Hypno-analysis usually takes between 6 and 10 one hour sessions at weekly intervals. Most people make a rapid improvement during the course of the treatment. For a few the internal process of change within them will take a little time. This process of release continues after the sessions have finished, helping you even more. The coming to terms and assimilation of previously unresolved experiences is what brings permanent relief from the symptoms. My Promise To You I deal with these and many other problems not mentioned here. Whatever your problem, you can be sure that you will receive the best of attention and that I will respect totally your right to confidentiality and privacy. Are you ready to change your life? There is no reason why you need to put up with these problems, provided that you are prepared to devote some time and effort to the therapy. It is a chance to free yourself from the things which hold you back and create a happier and more positive future. If you feel that you would like to discuss your problems in person without committing yourself to any treatment, or you wish further information about the treatments, please contact me for a free introductory consultation.

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