

MIND OVER MATTER

For a trusted and successful solution to your physical and emotional issues, seek support through Monica Black of Hampstead Hypnotherapy

At the beginning of the New Year the multitude of 'self-help' therapies on offer to those suffering from emotional and physical complications are often confusing and somewhat overwhelming. In this climate it is easy to become disillusioned and to be deterred from seeking help for major issues, therefore missing out on the wealth of benefits available from a successful treatment such as hypnotherapy.

A study by Alfred A Barrios PHD demonstrated that hypnotherapy achieved an average 93% recovery rate after 6 sessions, compared with a 78% recovery rate after 12 sessions of cognitive therapy and a 38% recovery rate after 600 sessions of psychoanalysis.

Hypnosis is a deep state of relaxation or altered awareness, similar to daydreaming or meditation. It is in this relaxed state, that the subconscious mind is able

to open up and receive helpful and beneficial suggestions. The subconscious mind remembers everything, every thought, feeling, conversation, sound, experience and interaction. It stores every belief, value and behaviour, as well as habitual responses and inner-self talk. Hypnosis is in essence a bridge directly to the subconscious mind. It is a safe, relaxing and enjoyable experience and nobody can be made to do anything that is against their core beliefs and values. Once desired outcomes are filed in the memory banks of the subconscious, the conscious mind will access this updated or new information causing us to behave, think, and feel in alignment with the new information.

Monica Black of Hampstead Hypnotherapy is a Master Clinical Hypnotherapist, Master NLP Practitioner, Coach and EFT Practitioner, with an abundance of



experience in the field. Through hypnotherapy Monica can provide assistance for an astonishing number of concerns including weight management, smoking cessation, stress, phobias, bad habits, self-esteem, pain control, insomnia, exam nerves and depression. Call her today to discover how you can work together towards resolving your problems and look forward to a healthier and happier life.

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