

## Clearing misconceptions about Hypnotherapy

### Clinical Hypnotherapy is not Stage Hypnosis

### Clinical Hypnotherapy is not Mind Control

- *If only I had a dollar for every time I have heard this joke when I say I am a Clinical Hypnotherapist – "Oh great I won't look into your eyes or you will make me cluck like a chicken"*

Surely everyone understands and knows that even with Stage Hypnosis the participant has already given their permission to be hypnotised and would have been given an Informed Consent to sign outlining what is going to happen while under hypnotic trance. They would understand that at times a word command or an anchored touch will trigger a response that has been programmed into subconscious. Very specific, specialised techniques.

Clinical Hypnotherapy sessions @ Moore Than A Healing always begin with you being asked permission to hypnotise you. All clients are respected and sign Informed Consent Form about formulated agreed treatment plan.

- *I am worried that the hypnotherapy will bring up a repressed memory or leave me in a state of trauma*

Clinical Hypnotherapy sessions @ Moore Than A Healing guide you safely into a hypnotic state. You are in complete control the entire time. You will remember and be able to recall everything you see, hear, say and feel during treatment. I have personally cried and felt very emotional during treatment (normal when releasing stored/buried emotion in any therapy). Unexpected memories or emotions may surface during treatment but I am there to support and guide you safely through. We always close all doors that were opened during healing and prepare you to return to awakened state slowly and safely. There is always time allowed in treatment session for a full debrief of experience under hypnotic state. My training and qualifications focus on Trauma training and I will be there to answer any questions and support you with anything that comes up. You will never be left feeling alone, I will prepare you with your own inner strength and courage.

- *Will you be able to control my mind?*

No Clinical Hypnotherapy is not a mind control technique. Clinical Hypnotherapy is talk therapy (such as CBT, NLP or Psychotherapy) delivered after inducing you into hypnotic state to talk to your subconscious mind instead of your conscious mind.

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