

Therapy applied in Conscious Mind

Versus

Therapy applied in Subconscious Mind

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To understand why hypnotherapy is effective and how it differs from conventional talk therapies. You need to appreciate the different roles played by the Conscious and Subconscious Minds

*The **conscious mind** controls our logical and intellectual process like decision making, communication, language and organising skills. The conscious mind is aware of current external surroundings. Whereas the **subconscious mind** controls our physical functioning like breathing, digestion, memory, feeling, emotions, beliefs, attitudes and gut instincts. The subconscious mind is not aware of current external surroundings.*

Now if we (very briefly) look at the therapies strategies used in both conventional talk therapies and hypnotherapy we can gain a better understanding of how it is the subconscious mind that houses and has access to the information needed to facilitate these changes without judgement.

CBT – Cognitive Behavioural Therapy

The goal in **CBT** is “to recognise” and initiate or facilitate change to unhealthy, false or misleading beliefs or behaviours

NLP - Neuro Linguistic Programming

Neuro – Referring to mind or brain (particularly states of mind)

Linguistic – referring to language we use both verbal and non-verbal

Programming – consisting of habitual thought, feelings, reaction, beliefs and traditions.

Psychotherapy

A talk therapy assisting in bringing awareness and understanding of thought and behaviour patterns.