

Common Themes & Symptoms

that respond well to Hypnotherapy (click on an item for more information)

Stop-Smoking

Hypnotherapy is known to help people give up smoking in about 85% of cases. The Stop-Smoking treatment is a one session treatment designed to work with those who are motivated to break the habit. It is important to understand that hypnotherapy does not offer miracle cures and so if you are not yet ready to give up smoking, I would advise waiting until you are nearer.

It can be said though that if you are about 51% sure you want to quit, hypnotherapy may help you make the final break toward a smoke-free life.

Habits (e.g. nail-biting, knuckle-cracking, thumb-sucking)

All behaviours are carried out because they serve a purpose. They serve a purpose, either now, in the past, or both. We have usually learned along the way that a certain behaviour gets a certain result, either from ourselves or from others.

When the unconscious purpose of the behaviour worked in our past but is no longer needed, the behaviour can persist simply as a habit. At other times, the behaviour can persist because it is still required in order to meet the unconscious need.

Hypnotherapy can help either by using techniques designed to help you 'unlearn' the behaviour, or can help you understand the need the behaviour meets so that you can find a healthier way to meet the same need.

Most habits can be dealt with in about 3 sessions, although this may vary and will be easier to estimate after the initial consultation.

Performance Anxiety (e.g. driving tests, public speaking)

Performance Anxiety can affect us in many many ways, from anxiety and stress about sexual performance to anxiety and stress about public speaking. Driving tests, job interviews, wedding speeches, presentations, first dates, eating in public, meeting new people and telephone conversations can all inspire anxiety and nerves in us.

Hypnotherapy is a very effective way to deal with the stress involved in performance and also in making the performance more manageable, and even enjoyable. Treatment for performance anxiety varies but if straightforward, it would usually take about 1-3 sessions.

Phobias

Phobia's are characterised by the intense fear and avoidance of seemingly illogical objects or experiences such as birds, spiders, flying etc. Phobia's can form for a number of reasons and can be inhibiting and embarrassing to people. Because of this they can impact upon your confidence and self-esteem.

Phobias can be relatively straightforward to treat and there are a number of techniques which can be used, even if you don't know when or why the phobia began.

Depending on your situation, treatment for phobia's will usually commence on the first session and, depending on your progress, may take about 3 sessions.

Weight Management

Difficulty in controlling our weight is a very common problem and it is generally understood that diets are not a very effective way to lose weight, or to keep it off. Firstly this is because of the way the body works when it is deprived of food. And secondly, by trying to control and minimise our eating habits, we are taking an unconscious impulse and making it conscious which then creates an internal tug of war we can't win. Have you ever won a game of noughts and crosses with yourself? With Hypnotherapy we can work to put the eating impulse back into the unconscious mind where it belongs and can give your unconscious mind direct instruction about what you would like for yourself. While this does not make hypnotherapy a miracle cure, and the work requires your commitment and motivation, alongside confidence building, it can be an effective way to help you manage your weight.

The number of sessions required will vary from client to client depending on your circumstance and upon your motivation. With some it will be sufficient to deal with the habits leading to the problem and with others it may be necessary to explore a bit. It is likely that you should see some improvement after about 3 sessions but this will vary considerably.

Stress Management

Stress is a word so commonly used by us all now that it is sometimes easy to forget what it is and how important it is. Stress can affect us in many areas of our lives from our relationships to our work and stress in one area of life can often lead to problems in the other. While stress can play a useful role at times, prolonged periods of stress can cause many symptoms, both physical and emotional.

Hypnotherapy is very effective in dealing with stress by enabling better handling of stressful events, and by promoting your body and minds' natural relaxation.

The number of sessions required for easing and managing stress varies depending on your needs and the nature of the problem although it is likely that you will notice some improvement after about 3 sessions.

Assertiveness Training

Assertiveness training enables you to meet your own needs in a way that leaves no 'unfinished business' for any of the other people involved. Assertive behaviour lies between aggressive and passive behaviour. Aggressive people may shout "No" and refuse to do something to the cost of others. Passive people may do something they didn't want to do and feel angry or resentful later. When being "passive/aggressive" we may agree to do something, but then not do it and play dumb so that others don't know where they stand. And all these behaviours can lead to stress for yourself and for others and we all tend to have a leaning toward one of these traits. With assertive behaviour, you are able to recognise what you want, or don't want, and to respond in a way that meets your needs, and those of others.

Assertiveness training can be a reason for coming for therapy in its own right but equally, it is often an integral part of the treatment for other issues and so the number of sessions required will vary.

As an alternative to therapy however, you may be interested in the personal development and motivation workshops I run. Please see www.sycamorework.co.uk for more information.

Sports Performance

Sports performance is a form of hypnosis all by itself.

Have you ever noticed that when you ran your best race or hit your best shot you were outwardly focussed and in 'flow'? This is a hypnotic frame of mind and whether a golfer, a runner or a footballer, hypnotherapy can be an effective way to harness the focus needed,

practise your performance and to manage your mood prior to performances.

Treatment for enhancing sports performance will vary from client to client and sport to sport.

Symptom Relief & Pain Management

Many psychological factors can impact upon the way we perceive and experience pain and with approval from your GP, hypnotherapy can help to alleviate pain, either directly, or by changing your perception of it.

The number of sessions required for the treatment of pain, or for helping you to manage it, will depend upon your symptoms and motivation although I would expect you to feel some relief after 3 sessions. Approval from your GP will always be required.

Insomnia

Insomnia can be a private and distressing problem which can lead to further problems associated with low mood, exhaustion and stress. Insomnia can significantly affect our quality of life and hypnotherapy can be an effective way to ease the problem.

Causes and symptoms of insomnia can be varied and so the number sessions required will depend on your situation although it is expected that you will see some improvement after 3 sessions. It is essential that possible physiological causes for insomnia are ruled out by your GP prior to consultation. Further, if you are on any medication for insomnia, it will be necessary to discuss this with your GP prior to consultation.

Life Goals

Knowing what we actually want is more important than knowing exactly how we might go about achieving it. While you will probably come with a goal specific to therapy, hypnotherapy is also a useful way to get clear on what you would like in the bigger picture. Not only can you understand more about what you want for yourself but you can even test out the different future options by experiencing them.

Getting clear on your goal for therapy forms an integral part of all treatments. In its own right however, therapy can be a useful way to explore what you want from your life and the number of sessions required will vary significantly.

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Stuttering

In the absence of physiological causes, the main cause of stuttering is generally unknown. What is known is that stuttering can often lead to significant confidence and self-esteem issues, which can make the problem worse.

Hypnotherapy can often help to improve your confidence in general, your comfort when speaking and can also help with self-acceptance, all of which can relieve the symptom. It is essential that possible physiological causes for any speech difficulties are ruled out by your GP prior to consultation.

The number of sessions required for treatment will vary although improvement could be expected after 3 sessions.

Self-Esteem & Confidence

Low self-esteem can come about for a number of reasons and can be behind a lot of problems

Sycamore Hypnotherapy - Nicky Spencer
experienced in day to day life.

Building self-esteem up can make a big difference to how we think and feel about ourselves and alongside a form of assertiveness training, can enable you to make significant changes in your life. Treatment for low self-esteem forms an integral part of many other treatments but in its own right, the number of sessions required will depend on the client and presenting problem.

It is expected that you would see some improvement after about 3 sessions but this will vary significantly.

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Personal Boundaries & Self Expression

Knowing where we stop and where the other person starts sounds like it should be fairly easy, but actually, it is not always that clear. The physical boundary is easy enough but what about the emotional boundary? From confusion over who was right and who was wrong and what to do about it, to upset over unfair behaviour in others, confusion over boundaries can lead to discomfort in many situations.

A lot of these concerns can come from not trusting that it is okay for us to have and recognise our own needs. And from not trusting that it is okay to assert our boundaries. Strengthening of our boundaries is integral to treatment for many issues. It rarely stands alone and ties in closely with self-esteem and assertiveness training so the number of sessions may vary significantly.

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PLEASE NOTE: If you suffer from Epilepsy or have a history of Epilepsy I will be unable to work with you using hypnotherapy. Here I refer you to the [BACP](http://www.bacp.co.uk) website to find an appropriate therapeutic approach for your needs. If you are currently suffering from depression and/or are on any medication, I will ask you to inform your GP that you are coming for hypnotherapy prior to your first session, or with your permission, I will write to your GP requesting permission prior to using any hypnosis. If you are taking any medication related to the issue you are coming with, please continue with the course of medicine as prescribed by your GP.