

# HYPNOTHERAPY OVERVIEW

*"Hypnotherapy" is a very generic word. It is used to describe any therapeutic practice that uses hypnosis, in some form or another, to facilitate therapy.*



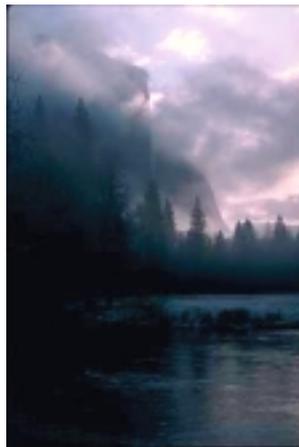
*A primary goal of hypnotherapy is to help the conscious and subconscious minds work together... When this happens positive change and transformation can take place naturally and struggle-free.*

## Key Points

- Hypnotherapy is a powerful therapeutic process capable of producing long-term, lasting results.
- Hypnotherapy is safe, natural, and effective. It is free of unhealthy and unwanted side effects.
- Hypnotherapy is results oriented. It is a rapid-intervention technique capable of producing positive results in a very short amount of time.
- Hypnotherapy works with the conscious (5%) mind, and the subconscious (95%) mind, to generate creative solutions and genuine results.
- Unlike most therapies and remedies, hypnotherapy takes into account the client's unique background, personal history, and individual nature.
- A hypnotherapist serves as a personal guide in the client's process of creating positive life change. Hypnotherapy is not about analyzing, categorizing, or judging a person and their symptoms.
- The practice of hypnotherapy is unregulated and unlicensed. Considerable effort and care needs to be taken in choosing a hypnotherapist.

## HYPNOTHERAPY 101

**H**ypnotherapy is safely and effectively used for a wide variety of purposes. Hypnotherapy is often used to enhance and supplement current treatments or therapy. Many people find great value by using hypnotherapy to create positive change in their life for issues which they consider to be not too serious, but which are, nonetheless, a daily annoyance - i.e. unwanted habits, stress, fears, low confidence, anger, anxiety, body and self-image issues, relationships, worry, hopelessness, low vitality, etc. And, of course, a good number of people turn to hypnotherapy as a last resort for problems or issues that more traditional therapies have proven ineffective for; such as: chronic pain, generating mind/body healing, unexplained sadness, and weight loss.



Excellent results are experienced in these and many other areas as well. The reason is that hypnotherapy is uniquely capable of directly working with the physical, emotional, mental, and spiritual dimensions which comprise a person's life. Whether its mastering public speaking, realizing a specific goal, creating a positive change, or reinventing yourself and your life altogether, hypnotherapy can be of tremendous help.

Hypnotherapy works *with* the whole mind. It encompasses beliefs, perception, thought, emotion, memory, personal history and awareness. This process of change transcends inner conflict, struggle, and resistance. To learn more about how hypnotherapy can help you, call for a FREE consultation.

by  
Mark Bancroft MA/CHT #394-285  
206 Sacramento St. #302, Nevada City, CA 95959  
530.265.2133