

# *Triquetra Therapeutic Services*

## *A Few Words About Hypnosis*

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***If this is your first visit or experience with Hypnosis, please take a few moments to read this material. It will answer many questions you may have and we know you will find it informative.***

Hypnosis, when mentioned in conversation, creates varied reactions in people. There are many misconceptions about hypnosis.

A simple definition of hypnosis is that it is a state of increased suggestibility and concentration. In this state, the Conscious critical mind becomes an observer, and allows direct communication with the Sub-conscious mind. This allows the Hypnotherapist to assist their clients to make changes at the deep Sub-conscious level needed for permanent change. Hypnosis is empowering.

Please do not expect to go to sleep or to feel as if you don't know what you are doing. When we use the word "sleep" we are referring to a deep body sleep while the mind remains aware. You won't do or say anything in hypnosis that you would not normally say or do. You are in control at all times. You will know everything that is going on around you, what your Hypnotherapist is saying and what you are thinking, doing or saying. In fact, some people will think they have not been in hypnosis because they are expecting something odd to be happening to them. Do not expect a lack of consciousness or amnesia. You may feel that you are unaffected by what is being said, but in fact; you will be directly affected because the Sub-conscious mind is listening and making changes at a very deep level.

Hypnosis is about imagination and creation. Together, you and your Hypnotherapist will work together to create new positive feelings, pictures, images, sights, sounds, smells, and emotions to replace specific negative ones that you might have gathered up, unknowingly, over the years. The brain cannot tell the difference between what it has actually seen and what your Hypnotherapist will help you to create for your Sub-conscious. Therefore, you can create and become anything you desire! Your professionally trained Hypnotherapist is your guide, your Facilitator and your partner.

The success of your hypnotherapy session will be enhanced by your willingness to use your imagination and by your desire to allow yourself to go into the deep state of calmness and focus that your Hypnotherapist will assist you to attain. Remember, all intentional trance hypnosis is self-hypnosis and you and your Hypnotherapist are a team- each committing to contribute 100% towards the achievement of your goals.