

WHY HYPNOTHERAPY?

by Grace Joubarne, Clinical Hypnotherapist

Hypnotherapy is probably the only healing modality that allows the client total control over the healing process. It is also the oldest known form of emotional healing and today it is often known as the hub of the complementary and alternative health care wheel. It is a form of therapy that utilizes the natural state of hypnosis as a launching pad for life-changes within a willing individual and is evolving as the foremost profession dedicated to holistic healing---the healing of the whole person...mind, body and spirit.

Hypnosis by itself is unlikely to cause a relief of symptoms, whatever those symptoms might be. It is the therapy – hypnotherapy - which is carried out during the altered state of awareness/consciousness referred to as hypnosis that is significant.

Hypnotherapy is about acknowledging and working with the individual subconscious as the 'knower' of all things relevant to that unique individual. The spirit or 'subconscious' is typically not addressed in traditional therapies or it takes a back seat to body and mind. Hypnotherapy on the other hand, realizes that without the co-operation of the subconscious, the human being is only working with 2 of the 3 'cylinders' available to that individual.

Willpower is not enough if the subconscious is not aligned, as is evidenced when individuals struggle to overcome addictions and phobias, for instance. All healing through hypnosis occurs in direct proportion to the client's willingness to heal. Hypnotherapists do not look up your symptoms in a reference manual and tell you what the solution is. Hypnotherapists learn guiding techniques which they use to assist you in opening your inner book of knowledge about yourself in order to allow you to access the solutions to your issues.

Hypnotherapy is worldwide and is supported by more scientific research than any other complementary therapy. Most research still comes from the USA, but tests under proper laboratory conditions have also been carried out in Canada, Australia, Germany and other European countries. There are clear indications that hypnotherapy can help with physical issues such as allergies, surgery, skin conditions, IBS (Irritable Bowel Syndrome), Fibromyalgia, healing from surgery or injury, hemophilia, hypertension, headaches, obesity, childbirth, cancer, tinnitus, asthma, impotence and urinary incontinence.

Hypnotherapy is well known to assist with anger, frustration, low self-esteem, low self-worth, shyness, sadness, unresolved grief, depressive feelings, lack of motivation, study and exam problems, anxiety, and many life-limiting issues.

The Hypnotherapist, as distinguished from other medical modalities, does not presume to know what the client's issues truly are nor what their 'Being' requires for resolution of their dissatisfaction with life; it presumes that only the client knows, though the information may not be easily accessible to him/her without guided access to their subconscious. Hypnotherapy does not employ psychiatric/psychological methodology; it

employs empowering, positive suggestions and guidance under hypnosis for the change identified and desired by the client. We are happy to accept referrals from health care providers you are working with and indeed, we are committed to working with your current health care team if that is your desire and in your best interests.

Quantum physics is now showing that thought energy is instantaneous and hypnotherapy honors that the fabric or content of all thought energy originates with the belief systems formed, stored and managed by an individual's subconscious mind. In other words, there is a reason for every thought and every behavior and the reason cannot be found in books or in another's opinion, no matter how well 'educated'. Nor can it be suppressed with medication without the issues percolating elsewhere in a human being...as a physical issue, for example.

The '*inner being*' of all humans is a life force that is referred to by many names, including inner child, subconscious, unconscious mind, gut feeling, etc. Hypnotherapists believe that a client need only change their inner belief systems at the subconscious level to facilitate changes they wish to make on an intellectual/conscious level. There is a deep trance level accessible in the overall hypnosis state which facilitates deep, inner healing and changes at the subconscious level. This is where consulting with a competent, knowledgeable, fully-trained hypnotherapist is vitally important to the healing process. Your hypnotherapist will know when, how and why to use this deeper trance level and will guide you to utilize it to your maximum benefit during session.

Presuming the hypnotherapist is wholly competent, hypnotherapy will have success in direct proportion to the client's willingness to change; whenever a person is not truly willing to heal for themselves, the success can be limited. This is easily understood if one realizes that all hypnosis is self-hypnosis and all hypnotherapy is guided self-healing. Hypnotherapy cannot heal you per se; you heal yourself with the guidance of a competent and fully-trained hypnotherapist... without medications, long-talk therapy, labels, etc.

Hypnotherapy is a proven, safe, enjoyable, all-natural modality focused on self-healing of normal people with normal problems of life. It is a client-centered, holistic method of addressing negative emotions and unproductive habits. Its goal is empowering individuals to live their lives unlimited in all ways good. Hypnotherapy is a gentle, loving process and hypnotherapists are trained to avoid judgments and labeling. The resources for the healing to occur come from within by utilizing the state of hypnosis. Where indicated Hypnotherapy employs techniques such as Parts Therapy, Time-Line Therapy, NLP and EFT, energy clearing and so on, during hypnosis in order to maximize and further the healing/ changes. One does not have to know anything about or believe in hypnosis for the process to work for them...they need only want to change.

Hypnotherapy is gentle, fast, efficient and cost-effective when compared to other therapies. It has served people of all walks of life well, over many decades and perhaps centuries. It is a recognized, legal, ethical, stand-alone, self-regulated alternative health care profession in almost every state and country in the world. Hypnotherapists provide complete, helpful, unique guidance to individuals and/or groups and enjoy wide acceptance by the medical

and dental community, who know the healing power of this specific field and the benefits of a well-trained, qualified hypnotherapist.

ABOUT GRACEPLACE WELLNESS

GracePlace Wellness® is a facility whose focus is to assist clients with self-healing through the use of specific techniques during hypnosis, allowing the client to access their inner being where we believe all knowledge and solutions pertinent to each unique human being are found. We also believe this unique '*inner being*' information is accessible only by the client themselves and our role is to guide them along the path to this self-healing and self-empowerment through self-discovery. Hypnotherapy acknowledges that no two people in the entire world share the same 'self' or subconscious, nor are any two people ever dealt exactly the same set of 'cards' in life. It can never be a 'one solution fits all' healing process. Hypnotherapy is about customizing advanced hypnosis and energy clearing techniques to suit the client, because all healing is very personal.

We do not do psychotherapy and we do not practice psychiatry in any way. We do hypnotherapy which is a much different modality. We do not prescribe medication to suppress symptoms, we assist the client to search for and dissolve the root causes of problems so that nothing need be suppressed. Not only are we not permitted by law to prescribe medication, but we feel that it may not be in a client's best interest that the same person/facility who prescribes medication to a client also engages in hypnosis of that same client. This may or may not be the view of other hypnotists or hypnotherapists, but it is the view of GracePlace Wellness®.

The most obvious differences between Grace Hypnotherapy and psychiatry/psychotherapy are in the fact that hypnotherapy assists the client in becoming empowered by self-locating the root cause of their issue(s) and thereafter dissolving them in a way that honors their mind, body and spirit. Hypnotherapy, once the issues are dissolved at the emotional level, discourages dependency of the client on the therapist (and others) because the goal of the process is to have the person feeling emotionally strong and entirely dependent on their own inner resources and thus in total control of their lives and behaviors without medications and life-long therapies.

Much research has been done on 'thought energy' by scientists such as Bruce Lipton (author: Biology of Belief) which supports GracePlace Wellness® belief that the labelling of normal 'life' problems as 'diseases' and 'disorders' that must be 'treated' is often unfavourable to the well being of clients because the judgment of another, whether it is correct or not, is embedded in the client's subconscious, often leaving them with the subconscious belief that they are inadequate, flawed and that they cannot return to wellness until and unless another human being makes it so. That type of approach, in our view, flies in the face of the fact that many 'diseases' resolve spontaneously, with placebo or after hypnotherapy, demonstrating that self-empowerment and inner positive thought is vital to resolution of inner turmoil and limitations and the facilitation of client healing goals.

It may be true that labelling and diagnosing is necessary to the *managerial* aspect of health care, but its benefits to the actual healing process are certainly very questionable.

We therefore do not use labels or diagnoses at GracePlace Wellness® as these require judgments; we focus on the self-identification of emotions/feelings, which are the true motivators of behavior and which are internal assessments and superior in accuracy. Foremost in our support of the client's self-healing through hypnosis, we therefore, by working with the subconscious, honor the client's innate ability to identify their own issues/resolutions. Our role is facilitation of goal achievement and the gaining of resolution at the subconscious level entirely as desired and identified by the client. Subconscious minds do not understand labels; they understand feelings.

As more and more evidence is surfacing and supporting the hypnotherapy community's belief that most, if not all, physical ailments have an emotional component and that most drugs are either entirely ineffective or come with such catastrophic side-effects that the person often finds themselves with additional problems instead of the sought-after relief, hypnotherapy is fast becoming the therapy of choice for those tired of being unhappy and feeling limited in life and/or who wish to avoid the 'medication roulette'.

There has never, to our knowledge, been evidence of negative side-effects from hypnotherapy, although in some cases the use of hypnosis may be contra-indicated. It would appear that the worst that can happen is that it does not work to relieve the issues presented. This could be for many reasons from a client presenting to satisfy a spouse, to the hypnotherapist not being sufficiently trained in the issue(s) presented by the client. Also, there could be a lack of rapport and trust between therapist and client. If for some reason hypnotherapy is unsuccessful, nothing has changed; you may still have the struggle, but you are not suffering additional issues from medications and the high financial cost of some traditional therapies.

IS HYPNOTHERAPY FOR YOU? COULD IT HELP?

The mind, body and emotions are all connected. Therefore, we are not aware of ANY issue that cannot be at least improved/relieved through the use of hypnotherapy; typically there is a significant positive result. It is not hard to understand that when pain and trauma are released from the subconscious mind, the physical body's stored stress is also released. Without the 'baggage' you can experience calmness, peace and a feeling of joy from resolving an old issue, changing your behaviours and old patterns, learning new information, connecting with your inner wisdom and changing how you perceive yourself and others. You can actually let go of old hurts and angers, so they no longer affect you physically and emotionally. Your subconscious mind holds your keys to health, happiness and self-empowerment! Why not tap into it?

For those who have played the 'medication roulette' without success, who feel that 'talk' therapy is not really helping, or who are looking for something complementary to their efforts for wellness at all levels...we feel Grace Hypnotherapy may well be your best bet! At GracePlace Wellness® we strive to help all clients avail themselves of the universal gift of

happiness and self-love that all human beings are entitled to in a cost-effective, client-centered way.

The best way to discover whether hypnotherapy could help you is to contact us and learn more! Contact: 1-888-390-3553 email: graceplacewellness@gmail.com

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