



Dispelling Myths

Reimagine Your life

kathyroots.com

WELCOME

Hi there! I used to think that hypnosis, and in effect hypnotherapy, was a load of old tosh! Well, that was until I volunteered as a 'client' for a friend who was training to become a Cognitive Behavioural Hypnotherapist. Within no time at all I realised that there was so much more to this than meets the eye!

There are so many myths and fictions surrounding hypnosis. It's a field that has been seriously misrepresented by the media, the world of entertainment and stage hypnotists, who get people to act out bizarre behaviours on stage. But it's true to say that these situations are very much choreographed by the performers themselves.

However, once we put the myths and misconceptions to one side, you'll find that over recent decades hypnosis as a therapy has gained significant credibility and is totally grounded in empirically validated scientific research.

Hopefully this very short synopsis will dispel some of the common myths that surround hypnotherapy, and give you a little flavour of what it actually is and how it can help you.

Also - you'll find that when we add a couple more ingredients such as the very powerful therapeutic processes of Cognitive Behavioural Therapy and then add in a few drops of Mindfulness, you'll basically have everything you need for a deep, lasting and elegant transformation.

Kathy & Brenda



FACT V FICTION



01

I'll be out of control

You are always aware - 90% of people say they are fully aware of everything that is happening. You cannot be made to do crazy things against your will!

02

I might get stuck in hypnosis

Because you are aware and totally in control of the situation, you can open your eyes and exit your imagination whenever you want to.

03

I'll be in a deep sleep state

You are totally aware throughout. You may experience deep relaxation and 'feel' very calm, but you are alert and aware.

04

I will reveal my deepest secrets

Again to reiterate, you are totally in control. You do not need to talk about anything you don't want to.

05

It's for weak minded people

Anyone can be hypnotised. Many studies have shown intellect is not a prerequisite for hypnosis, rather it's the collaboration that helps develop a strong subject

06

I won't be able to resist suggestions

A professional hypnotherapist will make suggestions that are relevant to the issue you are dealing with. You are always free to choose which suggestions are useful for you and ignore others.



THE BENEFITS

In today's fast-paced world, mental health challenges, managing stress, burn out and anxiety, are increasingly on today's agenda. Cognitive Behavioural Therapy (CBT) and hypnotherapy are two very powerful tools in the mental health toolbox. When combined, they create a synergy that can be truly transformative. Here are some of the powerful benefits of how this integrated approach can help individuals achieve their mental health goals.



Improved Relaxation and Stress Reduction

CBH uses hypnosis to induce a state of deep relaxation. This can be particularly beneficial if you are experiencing stress, anxiety, or tension. The relaxation techniques learned through CBH can be applied in everyday situations, helping you manage stress more effectively.



Improved Coping Strategies

The cognitive behavioural aspect of CBH focuses on identifying negative thought patterns and behaviours and then learning to reframe them. By combining this with hypnotherapy, you can more effectively internalise these strategies. This in turn leads to far better coping mechanisms when dealing with challenges such as anxiety, and other related issues.



Increased effectiveness in Behaviour Change

CBH is often used to address long standing habits and behaviours, such as nail biting, smoking cessation and weight loss. Hypnotherapy can reinforce the behavioural changes advocated by cognitive-behavioural strategies, making it easier for individuals to stop and maintain these changes over time.



Enhanced Self-Awareness and Personal Insight

Through CBH, you will gain deeper insights into your thoughts, emotions, and behaviours. Such an enhanced self-awareness can lead to a better understanding of your personal issues by giving you the tools to develop more effective strategies for addressing them and above all, to stay in control.

YOUR THERAPISTS



BRENDA
Therapist | Trainer

I am an experienced and qualified Cognitive Behavioural Hypnotherapist, prior to which I spent a career in the UK & overseas as a teacher & teacher trainer.

I love what I do & it's such a privilege to see individuals facing their fears and anxieties head on, and overcoming them quickly!



KATHY
Therapist | Coach

I'm an experienced and qualified Cognitive Behavioural Hypnotherapist, which I now combine with my previous experience in Training and Career Coaching. I also love what I do. There is nothing better than seeing someone challenge their anxieties and win.

Making your tomorrow brighter

Contact Us

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