

WHAT IS HYPNOTHERAPY?

Hypnotherapy, also referred to as guided hypnosis, is a form of psychotherapy that uses a deep state of relaxation and focused attention to achieve a heightened state of consciousness or mindfulness. It is a type of mind-body medicine.

Hypnosis is a shift in consciousness that enables folks to tap into core thoughts, emotions, perceptions, patterns, and beliefs.

In this state clients are open to shifting perspective and implementing change, while centering the belief that client has the keys to their own individual health and healing.

HOW DOES HYPNOSIS WORK?

When something happens to us, we remember it and learn a particular behavior in response to what happened. Each time something similar happens, our physical and emotional reactions attached to the memory are repeated.

In a hypnotic state, we're open to gentle guidance as we modify or replace the unconscious thoughts that are driving current behaviors.

In this relaxed state, you will feel at ease physically yet fully awake mentally, and you may be highly responsive to constructive, transformative messages. Your conscious mind becomes less alert and your subconscious mind becomes more focused.

WHAT ARE THE BENEFITS?

Hypnotherapy has shown to be effective in treating and managing chronic, acute pain, as well as symptoms of trauma, grief, chronic health conditions, anxiety, stress, insomnia, and addiction.

Hypnotherapy is best used in collaboration with other forms of care to cultivate a well rounded holistic healing experience.

If you have any questions or would like to schedule a consultation, please email: [**bee@breathebloomtherapy.com**](mailto:bee@breathebloomtherapy.com)