



Complementary & Natural
Healthcare Council

Hypnotherapy

What is hypnotherapy?

Hypnotherapy is a skilled communication, mainly conveyed verbally during hypnosis directing a subject's imagination in such a way as to elicit intended alterations in sensations, perceptions, feelings, thoughts and behaviours (Adapted from Heap, M & Aravind KK, 2002, *Hartland's Medical and Dental Hypnosis*, 4th edn, Churchill Livingstone, Edinburgh)

A hypnotherapy session

In a typical hypnotherapy session, the hypnotherapist will ask questions about previous medical history, general health as well as a person's lifestyle. This will help the practitioner decide on the approach which is most appropriate for the individual. It is usual for the hypnotherapist and client to agree and decide on the intended alterations or therapeutic goals desired. Just as in counselling the therapeutic relationship is very important in modern hypnotherapy.

How hypnotherapy may help

Hypnotherapy is applied to a wide range of medical, dental and psychological problems. The most popular areas of application tend to be around anxiety and stress conditions, weight control, addictive behaviours (including smoking, alcohol and substance misuse) and confidence issues. It is also used to enhance performance in several areas such as sport and public speaking.

Choosing a practitioner

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of hypnotherapy and the condition being treated.

The Complementary and Natural Healthcare Council (CNHC), which is supported by the Department of Health and the Hypnotherapy Regulatory Forum, can help when choosing a practitioner. We ensure that all hypnotherapists on our register have trained to the national standards of practice in hypnotherapy. The CNHC has established a voluntary register for complementary healthcare practitioners who all meet the required levels of competence and practice.

Further information and registered practitioners can be found on the CNHC website www.cnhc.org.uk