

What is solution-focused hypnotherapy?

If you're the kind of person who likes to take control of your own physical and mental wellbeing, solution-focused hypnotherapy could be an extremely powerful tool for you. It's all about positivity and moving forwards: rather than focusing on the problem, you get to focus on what you want to achieve in the future.

As with most forms of hypnotherapy, the list of ailments that can be helped is seemingly endless. From headaches to hypertension, stammering to smoking cessation, you can harness the power of your own mind to make positive change in your future, without focusing too hard on the past.

But one area that people don't often link with hypnotherapy is pain management. You can manage and even reduce acute or chronic pain with a little help from solution-focused hypnotherapy. A good hypnotherapist will help you identify what life would be like without the pain you're experiencing, and use this to shape your sessions and help you to achieve life-changing results.

What do I need to do?

Simply put: you need to call up an open mind and a positive approach. Solution-based hypnotherapy can only be truly effective if you enter into it desiring change. The cutting-edge, collaborative nature of solution-based hypnotherapy requires you and your therapist to work as a team, and if your heart's not in it you're less likely to see the results you want.

If you're not feeling at your most positive, don't worry. A good solution-based hypnotherapy session will start with a period of psychotherapy, which will encourage your mind into a more positive place. And you'll be more susceptible to the power of this unique approach.

How does it work?

When you're being hypnotised, neural activity becomes suppressed which, in turn, stops your emotional interpretation of the pain you're experiencing. This is because fewer messages of pain are being sent to your brain, which alters your perception of the pain or discomfort.

You may have heard that some women give birth under hypnosis, and report feeling very little pain indeed. It's situations like these which highlight just how powerful hypnosis can be in managing pain.

What does it involve?

During a solution-focused hypnotherapy session, you'll be guided into solution-focused mode by your hypnotherapist, though you'll remain awake and in control. Your conscious and subconscious mind will work in harmony while you and your hypnotherapist work

together to alter your perceptions. You'll feel relaxed the whole time, as if in a daydreamy trance.

How can I get an appointment?

At our chiropractic clinic in Torbay, we're big fans of recommending hypnotherapy to help our clients improve their physical and mental wellbeing.

Get in touch with our friendly receptionist team today to find out more.