

Fees

121 APPOINTMENTS

- Combined **relaxation, ego state** and **regression** to enable exploration and development.
- **Weekend appointments** available for regular clients
Initial appointments 2 hrs – subsequent sessions 1-1.5 hrs
Fees **£200** initial appointment – subsequent sessions **£100-150** pro rata.
Both discounts and cancellation / postponement charges apply.
- Prior to hypnosis all medical conditions must be divulged and your signed consent given.
- Hypnosis is **not possible** if you consume alcohol or drugs 24 hrs before your appointment.

Frequently Asked Questions

FAQ How does hypnotherapy compare with traditional talk therapies?

Hypnotherapy is popular, safe and effective, an elective study in modern medicine.

Psycho-analysis	38%	recovery after	600	sessions	Alfred A Barrios
CBT	72%	recovery after	22	sessions	BS Caltech, PhD UCLA
Hypnotherapy	93%	recovery after	6	sessions	Clinical Psychologist

FAQ How does hypnosis aid transformation?

Trance is your subjective experience of **focused attention** – it is a **catalyst to change**.

Release the negative: for people who are well, hypnosis offers relief from mental clutter, habitual thoughts, confusion, rigid defensiveness and distraction. It is important to ease defenses that formed in reaction to experiences that *your body* felt as traumatic and which now restrict you. Such defenses manifest as conflict, tension and distracting habits, such as: **anxiety, blushing, exhaustion, frustration, blaming, insecurity, indecision, procrastination, phobia, insomnia, depression, obscured rage, emotional eating, drinking and smoking.**

Enhance the positive: athletes, artists, actors and other imaginative people describe creative trance as being *in the zone, flow or truth* – **feeling connected** and **fully alive**.

During storytelling wisdom passes from speaker to listeners who enter into entrancement. Audiences pay to pay focused attention, to become mesmerised by drama and music.

We all employ hypnotic trance states in learning, memory, imagination and sensation.

In trance the easily distracted conscious brain is rested, which feels like day dreaming. Trance is a naturally occurring state, ideal for exploring and developing notions of the mind or imaginative ideas as yet unknown to your logic-seeking, conscious-thinking brain.

FAQ Does hypnosis change unwanted habits permanently?

Yes, it can. However, if you expect hypnosis to do it all for you, you may be disappointed. Trance is focused attention, so it is **everything that occurs during hypnosis** that is critical. The professional rapport, ability to listen profoundly and the experience of your chosen practitioner are all crucial for your positive experience and ultimate transformation.

All initial enquiries for 121 & Group Pause by phone

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