



Hypnotherapy

Hypnotherapy is a therapeutic tool for positive personal change. It works by inducing a trance like state or to say the state we feel in deep meditation while we are still aware of our surroundings. When we are in trance like state we are more open to the positive suggestions. Hypnotherapy works by accessing the subconscious mind which is not easily accessible when we are fully awake. As subconscious mind is 6000 times more powerful than the conscious mind we can work on an issue or condition for faster and better outcomes.

Hypnotherapy works through the process of Hypnosis. We all experience the state in daily life as well. For example, when you were so focused on a book or movie that you were completely unaware of your surroundings. This state of focus and relaxation is what Hypnotherapy aims to achieve to implant positive suggestions for desired changes in the course of life.



About Hypnotherapy

What is Hypnotherapy? – Hypnotherapy is a form of guided therapy that utilizes hypnosis—a trance like state to help individuals access their subconscious mind and facilitate positive changes. As a therapist, I often describe hypnotherapy as a bridge between the conscious and subconscious mind, enabling clients

to uncover and address deeply rooted limiting beliefs, patterns, trauma or negative experiences that influence their thoughts, emotions, and behaviours.

What popularly we have heard Hypnotherapy is not about losing control or being manipulated; rather, it empowers individuals to harness the power of their own minds to achieve healing, growth, and transformation while still being in control.

Key Benefits of Hypnotherapy

Hypnotherapy is a versatile tool that can address a wide range of issues, including:

- If life seems off track, or you are struggling for academic or professional success or money by releasing the negative beliefs and reprogramming the mind for positivity a person can turnaround the life
- Anxiety and stress management
- Healing Low self-esteem and confidence issues.
- Curing addictions like smoking, drinking, workaholism
- Curing behaviours like obsessive compulsive disorder (OCD), nail biting
- Resolving Relationship/Family/Work Conflicts
- Resolving weight issues like obesity
- Curing Sleep Disorders like insomnia or eating disorders like bulimia or anorexia
- Healing Post-Traumatic Stress Disorder (PTSD)
- Healing Grief and Loss of a Loved One or a relationship as in case of divorce by completing the 5 stages of grief during therapy.
- Chronic pain or stress, even anxiety
- Symptoms of attention-deficit/hyperactivity disorder (ADHD)
- IBS – Irritable Bowel Syndrome
- Students and sports person can improve performance through mind programming through hypnotherapy.
- Healing other physical diseases like migraine, allergies, arthritis etc as we know more than 90% of diseases are psychosomatic.

Common Myths About Hypnotherapy

1. Will I lose control during hypnosis?

No, you remain in control throughout the process. Hypnosis is a therapeutic experience, and you cannot be made to do anything against your will.

2. Can I get stuck in hypnosis?

No, It's a closed eye technique and you can come out of it simply by opening the eye.

3. Is hypnosis like sleep?

While hypnosis involves relaxation, it is not a state of sleep.

4. Is hypnotherapy dangerous?

Hypnotherapy is completely safe and effective. Generally it is not suitable for individuals with certain mental health conditions (e.g., psychosis, clinical depression, Schizophrenia) but a skilled therapist will assess suitability beforehand. Also if anyone is taking mind altering drugs this therapy is not suitable as it works through the mind.

What is expected during a session of Hypnotherapy?

1. **Initial Consultation and Preparation with the therapist.** The therapist discusses the client's issues or what the client expect to get out of the session. Like CBT and other talk therapy the therapist does not get into too much details just an overview.

2. **Induction-**The therapist guides the client into a relaxed, trance-like state using techniques such as deep breathing, progressive muscle relaxation, counting backward or visualization etc.

3. **Therapeutic Work:** In the hypnotic state, the therapist uses suggestions, commands, or other techniques to address the client's issues. This may include:

- Reframing negative beliefs for release
- Accessing and processing past experiences.

4. **Visualizations and guided questioning**

5. **Processing and Emotional Release and healing**

6. **Reviewing key lessons or awareness**

7. **Closure and Return to the Present**

8. **Post-Session Reflection and Discussion.** The session concludes with a discussion to integrate insights and plan follow-up steps

Hypnotherapy at Antaratma Happiness

Experience Hypnotherapy at [Antaratma Happiness](#):

- One-on-One Sessions
- Duration and process overview : **60-90 minute session**
- Booking options: [Book a Free Consultation](#)

Frequently Asked Questions About Hypnotherapy

▶ [Who Can Benefit from Hypnotherapy?](#)

▶ [Is hypnotherapy safe?](#)

▶ [Will I lose control during hypnosis?](#)

▶ [Can everyone be hypnotized?](#)

▶ [How many sessions of hypnotherapy are required for an issue?](#)

▶ [Can hypnotherapy help with physical health issues?](#)

▶ [Is hypnotherapy the same as stage hypnosis?](#)

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▶ [Is hypnotherapy suitable for children?](#)

▶ [Can hypnotherapy help with trauma and PTSD?](#)

▶ [Does hypnotherapy work for everyone?](#)

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