

## The Answers to some common questions.

### What is hypnosis?

Hypnosis is a state of unusually deep physical and mental relaxation. This mental relaxation is achieved by focusing the conscious mind on pleasant, relaxing, or neutral thoughts while the body becomes deeply relaxed. In this state, our subconscious is more open to positive suggestions and ideas that are beneficial to us.

### What does it feel like?

There is no feeling of being hypnotised. Most people think that they haven't been hypnotised, but have just been very deeply and pleasantly relaxed.

### Can anybody be hypnotised?

Yes, except for some of those with mental disabilities.

### What are the dangers of hypnosis?

There are none whatsoever. The worst thing that can happen to you is that you might fall asleep! One of the benefits of hypnosis is that it is completely natural with no ill effects, side effects, or after effects.

### Could I be made do anything against my will, or say something that I shouldn't?

No. You are fully in control of what you do and say and fully aware of what is being said and done around you at all times.

### Do you need to have a "problem" to benefit from Hypnotherapy or NLP?

No, in fact many people just use them to improve their lives and are amazed at the benefits it brings them in areas like, health, home, work, social life, sport, ambitions and motivation.

## Just some of the things that Hypnosis and NLP can assist with.

Smoking	Weight Control	Panic Attacks
Pain Control	Drinking	Blushing
Stress	Assertiveness	Feelings
Relaxation	Stammering	Allergies
Tinnitus	Tension	Anxiety
Asthma	Phobias	Depression
Compulsions	Ulcers	Nightmares
Irritable Bowel	Insomnia	Concentration
Fetishes	Hay Fever	Addictions
Sexual Problems	Exam Nerves	Independence
Obsessions	Bed Wetting	Shyness
Nail Biting	Goal Setting	Shame
Indecision	Better Memory	Motivation
Public Speaking	Migraine	Childbirth
Substance Abuse	Self-Esteem	Guilt
Study	Concentration	Inferiority
Fear of Flying	Blood Pressure	Frustrations
Eating Disorders	Dental Anxiety	Headaches
Procrastination	Inhibitions	Impotence
Frigidity	Fears	Temper Control
Anger	Twitching	Creativity
Warts	Communication	Worry
Stage Fright	Improved Sales	Better Health
	Some Skin Disorders	

This is by no means an exhaustive list. Almost any ailment or problem can be helped in some way.

Bookings can be made by phone. Due to the nature of my work, please leave a message for me and I will get back to you within a day. Consultations are strictly by appointment and it is regretted that casual callers cannot be seen.

**For details on personal and corporate training courses and coaching please see my website at**

**[www.kieranfitzpatrick.com](http://www.kieranfitzpatrick.com)**

**kieranfitzpatrick**  
HYPNOSIS NLP TRAINING PERSONAL COACHING

Kieran Fitzpatrick A.D.H.P. M.I.C.H.P.  
Perrystown, Dublin 12.

Hypnotherapist  
Hypno-Psychoanalyst  
N.L.P. Practitioner

Telephone: 087-1227361  
Email: [enquiries@kieranfitzpatrick.com](mailto:enquiries@kieranfitzpatrick.com)

**[www.kieranfitzpatrick.com](http://www.kieranfitzpatrick.com)**

**Kieran Fitzpatrick** is a member of the Institute of Clinical Hypnotherapy and Psychotherapy (**ICHP**) dedicated to the ethical and professional use of hypnosis allied to the practice of Hypnotherapy, Psychotherapy, Hypno-Psychotherapy and Psycho-Analysis for the treatment of nervous disorders and emotional problems. He holds a Certificate, Diploma and Advanced Practical Diploma in Hypnotherapy/Psychotherapy.

Members are bound by a Code of Ethics of the highest order and are trained. They have had their knowledge and competence tested to the satisfaction of the Examiners' Board and they are covered by professional indemnity insurance.

They also undertake to discharge every client at the earliest possible moment consistent with that client's good care.

Every member undertakes to respect the client's confidentiality at all times, unable to even disclose to a client's spouse or family members that they were undergoing treatment.

Hypnosis and suggestions given under hypnosis will only be used in ways that will be beneficial to the client.

All ICHP members utilise techniques of short-term, client centred, solution focused therapy.

Members are equipped to offer most hypnosis based solutions and other techniques helpful in relieving many common and uncommon problems.

The ICHP web site can be seen at [www.hypnosiseire.com](http://www.hypnosiseire.com)

Telephone: 021 4273575

## Hypnosis and Hypnotherapy

Hypnosis is a natural phenomenon. We can all drift into a trance from time to time and do so several times a day, often while doing everyday tasks, even when driving. How often do we drift off when watching TV, a movie, reading a book, or listening to our favourite music? Hypnosis is said to occur when we purposely bring on this state and deepen it until we become deeply relaxed both mentally and physically. Anybody can be hypnotised, if they want to be. Most people find it a deeply pleasant experience.

Hypnosis is neither sleep nor unconsciousness. You are aware of your surroundings. You can hear and smell and see (if your eyes are open). You can speak and move and maintain control of your behaviour and decisions.

While in hypnosis, our conscious mind is calm and at ease and less likely to argue with us. This leaves some quiet for our subconscious mind to listen and communicate. This is the part of our mind that controls all the major functions of our thoughts and body. It holds all of our beliefs, whether they are right or wrong, all of our memories and fears and how we feel about them.

This is where hypnosis helps with therapy. Using hypnosis, it is easier for us to explore our minds and to access the parts of it that make the decisions that cause real change. Our subconscious mind works with imagination and when we relax we can realise more easily how we currently imagine our lives and we can imagine new and better things. In this way, we communicate with our deeper mind finding better alternatives for ourselves and choosing them.

## Suggestion Therapy

This kind of Hypnotherapy is used for more simple and straightforward problems such as smoking and other habits such as nail biting, some phobias, exam nerves, weight control, self-confidence, relaxation, etc. and it usually requires between just one and three sessions. This therapy often includes an audio recording for simple self-hypnosis and reinforcement of the sessions at home.

## N.L.P.

NLP, Neuro-Linguistic Programming, is essentially a science of powerful suggestion techniques based on how we represent the world through our senses and our beliefs. It often does not require formal hypnosis. But its use can produce powerful, beneficial and rapid changes in how we feel, think and behave.

**Kieran Fitzpatrick** is a Licensed N.L.P. Practitioner.

## Analytical Psychotherapy

This therapy is aimed at finding the root causes of problems. Many, many problems are the result of repressed memories or emotions, unfinished business, guilt, fear, grief, sadness or anxiety. The release and understanding of these emotions brings about the permanent resolution of symptoms caused by events in our past.

This is what is traditionally known as being in therapy or analysis. However, with the use of hypnosis, the time required for this therapy to work is usually of the order of only eight to twelve hours, (done in hourly sessions, once a week). Compare this to hundreds of hours, equalling years of conventional therapy, or analysis.