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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Hypnotherapy In Hemel Hempstead, Hertfordshire

By Gemma Bailey

Hypnotherapy is an application of hypnosis for therapeutic benefits. It can be used in areas such as

medicine, sport, and for development of a persons well-being. I have been working as a hypnotherapist for a couple of years now, and the one thing that never ceases to amaze me is the diversity of problems from which people suffer. Two people with the same problem can easily have different reasons for creating that problem, and different motivations for giving it up. At my office in Hemel Hempstead, Hertfordshire, I've found that by far the best approach is to treat everyone as individuals.

The reason why I say that people 'create' their problem is because the only world that really exists, is the one we create within our own minds. However, since we are creatures of habit, and regularly hard wire our nervous system to perform specific acts, emotions and behaviours, it becomes easier to understand how people believe that the problem is not only outside of them, but outside of their control. When Patients come to see me for a hypnotherapy consultation at my office in Hemel Hempstead (Herts), I regularly explain to them the way in which the brain takes in, filter and represents information to consistently produce specific states.

Hypnosis enables your mind to focus concentration, producing a state of deep relaxation. Throughout this process, your mind is more open to suggestion, allowing you to make changes in your perception and behaviour, for the benefit of your health.

Using your imagination is a mild form of self-hypnosis. During hypnotherapy the trance is aided by your focus on the hypnotherapist's voice. When you focus in this way you are able to ignore, if you want to, the great deal of other distractions that may be around you.

Whilst in hypnosis you are neither fully awake nor fully asleep. However deeply you may go into hypnosis, you will remain in control of the situation and will continue to receive important sensory data.

When using hypnotherapy at my office in Hemel Hempstead (Hertfordshire), I also provide a relaxing, therapeutic situation using music. Throughout the hypnotherapy session, the music is played which gradually encourages the slowing of the heart rate, in time with the slowing beat of the music. Interwoven into the music are pleasantly distorted nursery rhymes that again encourage the gentle

dozing that was experienced as a child. Using a specially created sound system, my voice and hypnotic words are spoken over the music.

Hypnotherapy in Hemel Hempstead has helped many people throughout Hertfordshire, Bedfordshire, and Buckingham to overcome minor and more serious problems. We live stressful and pressured lives, and it's good to know that there are ways to relieve these problems without pumping our bodies full of drugs. In fact, hypnosis has been accepted as a valid therapeutic technique by the British Medical Association since 1955. Conventional medicine is more aware of the connection between body and mind and to achieve a sense of well-being, harmony must be maintained in both.

Gemma Bailey is qualified hypnotherapist and NLP Master Practitioner, registered with the General Hypnotherapy Register (GHR), American Board of Hypnotherapy (ABH), British Board of NLP (BBNLP) & American Board of NLP (ABNLP) as well as being a member of the NHS Directory of

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Change History?

By Gemma Bailey

Arguably, one of the most powerful change techniques in NLP is `Change Personal History` (CPH). This technique is useful when an individual has experienced a significant emotional event in the past which still continues to impact negatively on their lives in the present. As we know, actual human experience only exists in the present moment, in the form of information received via our five senses. The past exists as stored memories in our unconscious mind. To remember past memories we have to re-experience them in some way in the present. Unfortunately for negative events, we tend to re-experience them as we did at the time and are not always able to benefit from knowledge or resources we may have gained since. CPH allows an individual to re-evaluate memories of significant emotional events in the light of present knowledge. This is a surprisingly simple process to use, and is a regular resource used in hypnotherapy and NLP Practices throughout Hemel Hempstead, Hertfordshire.

So How Does CPH Work?

All human beings have a vast store of past experiences that exist as memories in the present. Whilst it is not possible to change what has already happened, it is possible to change the meaning it now holds and in turn the impact it has on the persons state and behaviour. During the CPH process the client is asked to identify resources, which if they had access to them at the time of the event, would have meant the event would not have been a problem for them. These resources are then anchored and the individual is able to share these resources with their younger self who experienced the initial significant emotional event. The practitioner guides the client to re-live the event with the benefit of these resources, (the practitioner fires of the anchor whilst the client is associated into re-living the event).

The client is encouraged to notice the changed responses in other people involved in the event and if they wish they can also share the resources with these people. The client is encouraged to verbalise what they felt unable to say at the time to others involved in the event and even to imagine the perspective of others involved in the event and any responses they may give. CPH is a change technique which can totally transform the meaning a past experience holds for the client, freeing the client to let go of emotional pain, creating an empowering positive future. CPH is just one of many NLP techniques used By NLP Hemel Hempstead, an NLP and hypnotherapy practice based in Hemel Hempstead, Hertfordshire.

Gemma Bailey is qualified hypnotherapist and NLP Master Practitioner. She is based in Hemel Hempstead, Hertfordshire and has helped many clients and patients throughout South East England. For more information on Hypnotherapy, NLP therapies and Life coaching, visit

<http://www.gemmabailey.co.uk>



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