



Tau Hypnotic Healing

Hypnotic Healing Treatments for Physical and Emotional Conditions.

The techniques and principles of hypnosis have been used to benefit mankind for many years. When hypnosis is stripped of the misunderstandings and erroneous ideas which surround it, it can be seen for what it really is – a normal, natural healthy state of mind and one which virtually anyone can achieve with the correct guidance.

FREQUENTLY ASKED QUESTIONS ABOUT HYPNOSIS AND BIO ENERGY.

What type of therapy is used?

Many conditions have been found to have psychological aspects which prevent healing. These may be inner beliefs limiting the ability to experience good health. This is true of both physical and emotional conditions. Danny Lewis uses Hypnotherapy and Bio Energy Psychology to promote natural healing. Bio Energy Psychology utilizes the latest discoveries of the body's energy systems and their effect on emotions and health

During sessions you will feel comfortable, relaxed and aware at all times. It is a natural and safe approach which creates a closer communication between your mind and inner healing ability.

Success depends on teamwork between yourself and your therapist.

All treatments are individual and tailored to your personal needs.

What happens in Hypnotherapy Sessions?

In Hypnotherapy sessions you will be helped to reach your personal relaxation state and this will be used to create your experience of the hypnotic state. You and your therapist will identify your goals and barriers to reaching them will be assessed. You will also be introduced to Energy Psychology techniques to dissolve these barriers and create future possibilities.

In further sessions Hypnotherapy and Body Energy Psychology techniques will support your choices for change and establish inner control.

How can Hypnosis help?

Hypnotherapy has been a great help in overcoming many problems including smoking, overeating, nail-biting, bedwetting, insomnia, phobias, tension headaches and migraine, self confidence, study an examination nerves, pain control, stress and tension, as well as many other anxiety induced conditions

While no single form of treatment can be used successfully in all conditions, hypnotherapy can be applied with success to a wide variety of problems either as the primary therapy or as a valuable adjunct to other treatments.

What is hypnosis?

Hypnosis is a state of deep relaxation which is natural and safe. It is a state of mind between waking and sleeping where a person is conscious, aware of physical sensations and surroundings and yet much more receptive to therapeutic suggestions. It is a state in which many problems and conditions may be more readily explored and treated. Therapy depends on teamwork between the person and the therapist.

What does it feel like?

Sensations of hypnosis vary from person to person. It is usual to experience mild drowsiness together with pleasant feelings of comfort and well being. They are in fact totally relaxed.

People in hypnosis are conscious and able to hear the hypnotherapist's voice, remaining at all times in control of themselves. They will not do or say anything that they would not elect to do of their own choice.

Can anyone experience Hypnosis?

Virtually anyone can achieve the hypnotic state, some more easily than others. Improvement comes with practice. All that is needed is a desire to co-operate with the hypnotherapist; you cannot be hypnotized against your will.

Where can I find a qualified Hypnotherapist?

Members of The Australian Society of Clinical Hypnotherapists (ASCH) are fully qualified in the effective use of hypnosis for therapeutic purposes and are sworn to uphold the high ethical standards of the Society.