

Clinical Hypnotherapy

Description

[Counselling](#)

[Cognitive Behavioural Therapy](#)

[EMDR](#)

Clinical hypnotherapy

Clinical hypnotherapy is the use of hypnosis for the treatment and alleviation of a variety of physical and psychological symptoms. Hypnosis allows the subject to experience often quite deep levels of relaxation and so helps to reduce levels of stress and anxiety. Two important elements of this therapy are the ability to clearly imagine something that makes you feel anxious and then to attain a deeply relaxed state. Hypnosis helps to achieve both of these more easily and quickly than many other forms of treatment. Please note that clinical hypnotherapy may not be an appropriate support in more complex cases.

A course of clinical hypnotherapy will be around 4-6 sessions. As everyone is different you require more sessions, in which case your therapist will discuss this with you and their clinical supervisor to determine the best way forward. Each session will usually last around 50-60 minutes and will typically be held on a weekly basis.

Clinical hypnotherapy is available through Anxiety UK face to face or via webcam.

Please note that clinical hypnotherapy is only available to those aged 18 and above.

[Apply for therapy here](#)

Hear how Clinical hypnotherapy can help anxiety