

SPECIFIC USES AND BENEFITS OF CLINICAL HYPNOTHERAPY

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- **Habit Control**
 - Smoking
 - Alcohol
 - Weight
 - Gambling
 - Nail Biting
 - Bed Wetting
- **Anxiety/Stress reduction**
- **Depression Reduction**
- **Increased Self Confidence**
 - Self Esteem
 - Self Respect
 - Self Belief
 - Self Control
- **Sports Motivation**
- **Pain Control**
- **Phobias**
- **Obsessive/Compulsive Behaviour**
- **Memory Enhancement**
- **Addictions**
- **Sleep Disorders**
- **Anger Control**
- **Regressions**
- **ANY behaviour or belief you wish to change or alter**



Rohan Gazzard is a fully qualified Clinical Hypnotherapist who has practised hypnotherapy throughout Australia with amazing success. His counselling skills and uncanny ability to read people combined with hypnosis result in POSITIVE OUTCOMES. Humans utilise less than 10% of their minds. Through Hypnotherapy, you can 'UNLOCK the POWER of YOUR MIND' And CHANGE YOUR LIFE...FOREVER..NOW!

Quit **Smoking** Easily
Weight loss, Anxiety, Phobias

'Unlock the true
POWER of your mind'
through Personal Clinical Hypnotherapy

SELF HYPNOSIS

In fact all hypnosis is self-hypnosis. All clients are taught how to utilize SELF HYPNOSIS to reinforce their therapy and/or relieve stress and enable calm relaxation.

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- Easy
 - Effective
 - Natural

'Change your life Forever..NOW'

CLINICAL HYPNOTHERAPY

WHAT IS HYPNOSIS?

Hypnosis is a 'state of altered awareness' where methodically we tap directly into the subconscious mind. Hypnosis is widely recognised as the smartest and easiest method we can employ to change the subconscious mind.

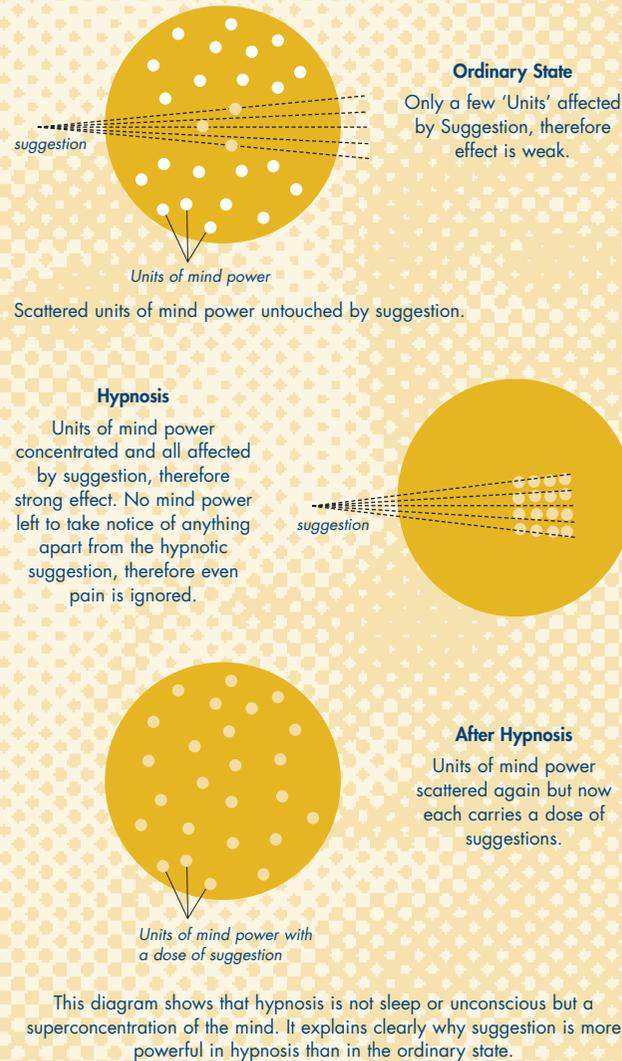
WHAT IS CLINICAL HYPNOTHERAPY?

Clinical Hypnotherapy is the use of hypnosis to access the subconscious mind and through positive suggestions and terminology, alter whatever change is required. It is a 're-learning process.'

In the hypnotic state, the doorway between the conscious and the subconscious mind is opened, memories become easily accessible, and new information is stored. In the 'Hypnotic State', you are not really 'thinking' in the traditional sense. You are 'experiencing' without questioning, without critical judgement or analysis, like when you watch a movie or play sport and the hypnotherapist can make suggestions that 'stick' precisely because your conscious mind is not getting in the way. You are not 'judging' or being 'critical' of the suggestions.

A suggestion given to the conscious mind and accepted as true, will be converted to autosuggestion, be stored in the subconscious and acted upon as a truth. That which is held as a belief in the subconscious mind will be outwardly manifested in the circumstances of life.

THE NATURE OF HYPNOSIS



*Hypnosis only functions when the person is awake. Hypnotised people may look asleep, but they are not. Hypnosis is the opposite of sleep. In the sleep state our attention is defused. We think and dream in wild random patterns. Under hypnosis, our concentration is completely focused. Being able to focus all our minds ability so intently is what makes hypnotism work.

WHO CAN BENEFIT FROM CLINICAL HYPNOTHERAPY?

Any person suffering from any degree of emotional or physical 'disorder', can benefit from Clinical Hypnotherapy. The most important determinant of the eventual success of the therapy is the true desire to get well and/or to make positive change.

THE HYPNOTHERAPY PROCESS

Recognition of ownership of 'the problem'

Clients are encouraged to realize that they are in control of their responses and they can choose to continue in their negative patterns or re-arrange their outlook and mindset to enhance their enjoyment and quality of life.

Analysis of the cause of 'the problem'

This can be performed in a number of ways dependant on each clients personality and history. Allowing a client to fully understand the reason for the development of the belief that is governing their behaviour. The belief does not need to be logical or relevant; it only needs to be 'believed' by the person. Once there is an understanding, decisions can be made about what changes, if any, are to be made to that belief system to facilitate change of behaviour.

Recognition of the changes necessary to solve 'the problem'

The subconscious mind not only holds all the information required to understand the basis of the problem, but often also knows how best to solve the problem for that person.