



Clinical Hypnosis & Hypnotherapy

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How hypnotherapy can help people gain control of habits and make changes

stuff.co.nz
It's got nothing to do with falling asleep and clucking like a chicken.

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Hypnotherapy for ADHD Symptoms: ADD Natural Treatment Option

additudemag.com
The term "hypnosis" conjures images of hypnotists swinging pendulums and slowly chanting "You are getting sleepy." But for a growing number of clinicians, hypnotherapy is serious business, with excit...

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How Hypnotherapy Helped Me Keep My New Year's Resolution

allure.com
Forget everything you thought you knew about hypnotherapy. The practice isn't mind control, nor is it quite meditation — but what it can be is a powerful tool for personal growth. Our associate featu...

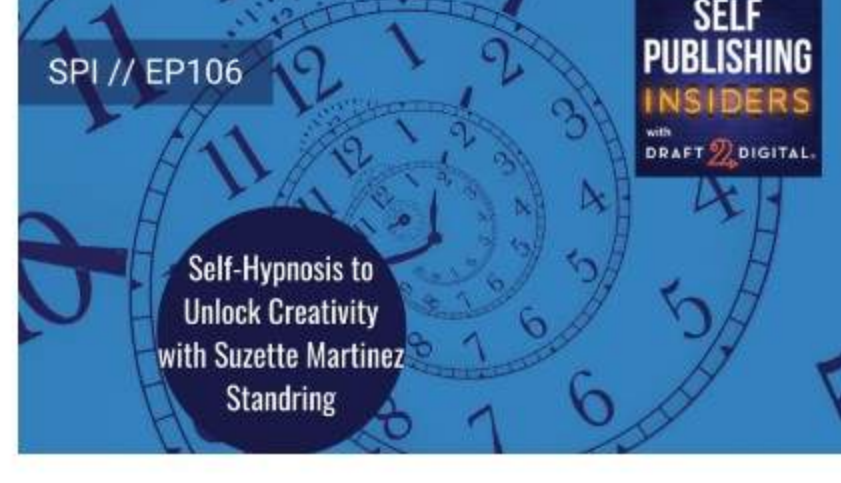
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Self-Hypnosis to Unlock Creativity with Suzette Martinez Standring // EP106

draft2digital.com
Suzette teaches national writing workshops that incorporate self-hypnosis for creativity. Learn how to make hypnosis work for you.

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Hypnotherapy, medical treatment reduces nausea in children with functional dyspepsia

healio.com
Both hypnotherapy and medical treatment, in combination with psychological support, reduced symptoms of chronic nausea among pediatric patients with functional nausea and functional dyspepsia, accord...

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Dealing With Pain Through Hypnosis

psychologytoday.com
An understanding of the causes of pain helps guide its therapy.

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Hypnosis for anxiety, depression, and fear: Does it work?

medicalnewstoday.com
Hypnosis is a technique to ease the mind and body into a relaxed and calm state. It may benefit those experiencing anxiety, depression, and fear. Learn more.

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Hypnotherapist Talks Breathing Through the Trauma

9and10news.com
Rosanna Gill is a trauma-informed breathwork coach and clinical hypnotherapist who helps individuals struggling with stress and anxiety learn how to self-regulate their emotions. Her guided breathwor...

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Unusual Guidance From the Subconscious

psychologytoday.com
What happens when the subconscious unexpectedly takes control.

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Stay With Us Here, But It Makes Sense Why Hypnosis Can Help You Lose Weight

prevention.com
No, you're not going to rapidly shed pounds at the snap of a finger. But hypnotherapy can help you create habits that can transform your health in the long run.

Shared by Tom Connelly



Sarah Ferguson's hypnotherapist shares royally-approved weight loss tips

hellomagazine.com
Prince Andrew's ex-wife's hypnotherapist Susan Hepburn has also treated Adele and Lily Allen, and has some sounds words of advice when it comes to weight loss

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What is sleep hypnosis and does it really work?

livescience.com
Sleep hypnosis could be a potential therapy for sleep disorders, but more research is needed.

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I Tried Self-Hypnosis for Two Weeks To See if it Helped My Seasonal Depression, and I Noticed a Positive Shift In My Thinking

wellandgood.com
A writer tries self-hypnosis for seasonal depression to see if it lifts her mood. Here's what she found out.

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I tried a hypnotherapy gym class and haven't missed a workout since

metro.co.uk
Reporter Ella Glover reviews a gym-based hypnotherapy class that it supposed to help you to stick to your routine and reach your goals.

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Hypnotherapy Made Me Feel — and Look — Better Than I Had In Years

instyle.com
After years of traditional therapy, one writer turned to hypnotherapy. Here, she explains what the process was like, how it compared to behavioral therapy and psychotherapy, and how she feels months ...

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Using Hypnosis to Help Manage Physical Ailments

psychologytoday.com
Hypnosis can be an effective clinical tool for the relief of physical symptoms.

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8 Health Problems That Hypnosis May Help

realdaily.com
Hypnosis can help people overcome bad habits, so scientists have begun studying this technique as a valid form of treatment. Doctors and scientists have studied whether hypnosis can help a number of ...

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The Power of Words and the Current Use of Hypnosis and Placebos

psychologytoday.com
All that we perceive might be contaminated by beliefs about the physical world.

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