

Hypnotherapy and Deep Relaxation
Guy Therold BSc DHyp PHCBHp MBSCH

Hypnosis

Hypnosis nowadays can be used for many different reasons. Habits, phobias, smoking, depression and lots more. Almost anything connected to our thought process. It can give our minds more control over our thoughts, feelings and behaviours.

Our minds work on two levels, conscious and unconscious.

We think, make decisions and act with our **conscious** mind, which deals with around 50 bits of information per second. It allows us to use logic, willpower, and to plan, respond thoughtfully, act deliberately and make us aware of consequences.

Our **unconscious** mind is responsible for our habits and emotions, our memory and everything we've learned. It deals with around 11 million bits of information per second. It is responsible for all the programmes that run the body; breathing, circulation, digestion etc, as well as our feelings. It lets us use our imagination and be creative. Its why we have our personality traits, habits, beliefs and expectations.

Whilst in the relaxed state of hypnosis we can communicate directly with our unconscious mind. This is how hypnosis works and how can be so quick and easy to change the habits of a lifetime.

The state of hypnosis is:

- Relaxation
- Normalisation of physiology (Heart, Blood Pressure, Digestion etc) they all return to normal
- Having a clearer calmer mind - and with a clearer mind we have a more open mind and have clearer perspective. With more perspective we can be more positive and can view the glass as being 'half full'.

Hypnosis is natural, we move in and out of hypnosis like states several times a day without realising it. Examples include when we are reading a book, engrossed in a film or TV programme, driving a route we drive a lot and when waking up or falling asleep.

Tinnitus

If you have any comments or questions regarding the Tinnitus Support Group, please contact:
Pam Spicer, TSG Co-ordinator, NDA, 120 Thorpe Road, Norwich, NR1 1RT
Tel: 01603 404440, Email: tinnitus@norfolkdeaf.org.uk

Primary cause

Age, Loud noise, Earwax, Changes in the inner ear, High Blood Pressure, Head and neck injuries, Chronic tension, Depression and Side effects of Medication

- Unconscious mind interprets the noise/tinnitus as a threat and it keeps focusing on it
- For about 50% of tinnitus sufferers, the original sound or stimulus has disappeared - What remains in the brain is a 'sound loop' or 'phantom noise'

Hypnotherapy and Tinnitus

- Relaxation/Calmness/Acceptance reduces stress, anxiety and tinnitus
- What we focus on, we get more of
- Learn to focus through the tinnitus
- Reprogramme the unconscious mind - hear the tinnitus as just a background noise
- Change the sound of the tinnitus so less intrusive
- Regain a sense of control

Hypnotherapy can help by finding the loop of sound and change the sound and tone to reduce the sound. By working with this part of the mind, hypnotherapists can help to train our reaction to tinnitus sensations. The aim is to help us to learn not to notice the sounds so much and allow us to naturally tune out from them.

Next TSG meeting

Our next meeting will be on Thursday 14th April 2016, starting at 2.30. Self massage and relaxation. Bibby Holy will present an interactive talk exploring different techniques for relaxation and stress management, including demonstrations on using self-massage to unwind and help manage difficult situations.

If you would like to attend this session, please email us at tinnitus@norfolkdeaf.org.uk or call 01603 404440.

If you have any comments or questions regarding the Tinnitus Support Group, please contact:
Pam Spicer, TSG Co-ordinator, NDA, 120 Thorpe Road, Norwich, NR1 1RT
Tel: 01603 404440, Email: tinnitus@norfolkdeaf.org.uk