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<https://awarenesshealing.com.au/services/clinical-hypnotherapy/>

# **Hypnotherapy in Central Coast | NLP Practitioner**

## **What is Clinical Hypnotherapy?**

Clinical Hypnotherapy and NLP in Central Coast is the application of altered states of consciousness, or trance, for a therapeutic endpoint. Relaxation and deep focus are something we've all experienced before so in knowing this, it becomes a state of knowing that hypnotic trance is a natural state of being.

People are not treated by hypnosis but rather treated in hypnosis. Every day, we all shift into hypnotic states of trance. And in trance, our perceptions of time seem to distort appearing shorter or longer.

## **Hypnosis is a natural state of focus**



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When we read a book, watch a movie or daydream, we become focused as we become absorbed into a state, feeling, or memory within the paradigm of the unconscious mind. In this state, we can access our unconscious mind and re-program it for our own well-being.

Think of the unconscious as a software program on a computer. A computer technician can make changes to the software just like a hypnotherapy practitioner can reframe the language of the unconscious mind. Hypnotherapy is always very safe and isn't as hocus-pocus as we have been led to believe. The 'Theta brain State' is accessed when the mind is relaxed.

Clinical Hypnotherapy in Central Coast offers a range of holistic approaches to healing. Neuroscientists have acknowledged hypnotherapy and meditation as effective ways to alter the brain's neuron activity. This process induces relaxation



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and strengthens memory, clarity, and confidence. Hypnosis also re-wires the neuro connections associated with patterns, habits, negative thoughts, and states.

## **How hypnotic trance works**

Hypnotherapy on the Central Coast is the process of inducing a state of relaxation, where an individual enters a deep state of unconscious awareness. The unconscious mind is provided with positive suggestions which directly reframes the inner paradigm of the unconscious mind. Under Hypnosis, the conscious rational, analytical and judgemental part of the mind is temporarily bypassed and asked to step aside.

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The conscious analytical mind then observes allowing the unconscious part, which influences mental and physical functions to take the lead, making this part receptive to change. During the trance state, there is a focused concentration on the specific purpose of increasing the potential for change, changing limiting beliefs and behaviors, and gaining insight and wisdom. The unconscious mind is provided with resourceful choices, allowing this part of your mind to choose what is best for the well-being of the person.

Although Hypnotherapy can be light, medium, or deep, a medium trance is usually very effective. Deep breathing is used to slow down the heart rate so the brain enters the Alpha and Theta wave states. Normal states of consciousness i.e. sleeping, dreaming, or being awake, can be detected in the wave patterns produced by the brain. The state of hypnosis differs in all three of these states. The brain waves associated with quiet, receptive states are called Alpha and Theta waves. Just like in Delta sleep, the Theta wave state promotes gradual relaxation and healing at the cellular and DNA level within the structures in the body.

## **NLP and it's use with Hypnotherapy**

Neuro-Linguistic Programming (NLP) is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States in the 1970s. Richard Bandler claims that connections between the neurological processes ('Neuro'), language ('linguistic'), and behavioural patterns learned through experience ('programming') which work to achieve specific goals in life.



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## How it works

NLP is always utilised in my sessions in conjunction with Hypnosis. These techniques are effective for clients to use in order to support and strengthen themselves through their process of change. Linguistic refers to language; programming refers to how that neural language functions. In other words, learning NLP is like learning the language of your own mind. We will use a range of NLP techniques throughout the therapy. Anchors are used to breaking thought patterns and replaced with new perspectives. New feeling states are created and elicited using the anchors given to you. Over 21 days, the old neurological pathways in the brain will weaken and develop new pathways over a three-week period. It needs to be used on a daily basis.

For more information about NLP, [please CLICK HERE](#)