



Open up your mind

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HYPNOTHERAPY

WITH ILANA SMIDT

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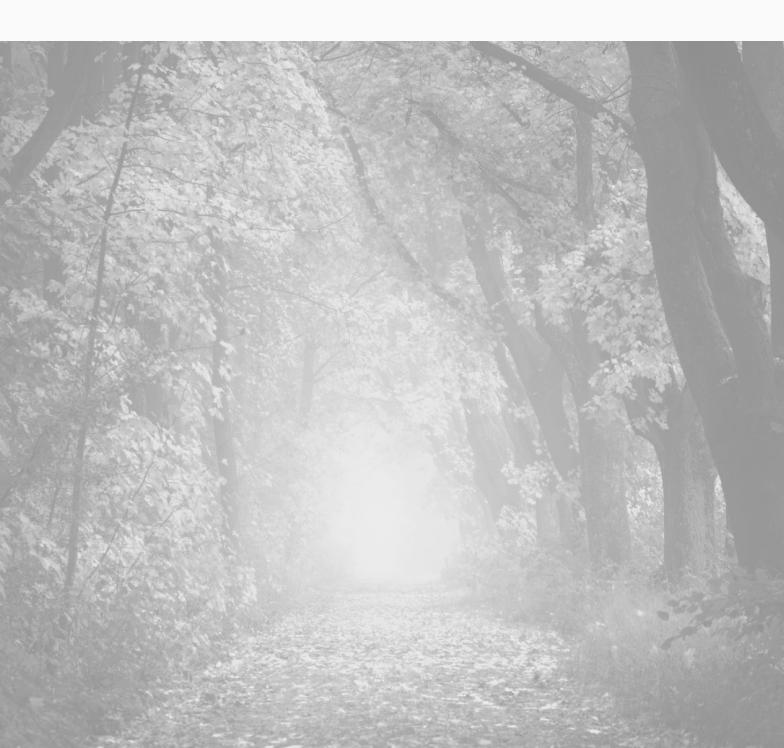
THE MIND

Welcome to your information package on hypnotherapy. In this package we will explore what hypnotherapy is and how it can benefit you.

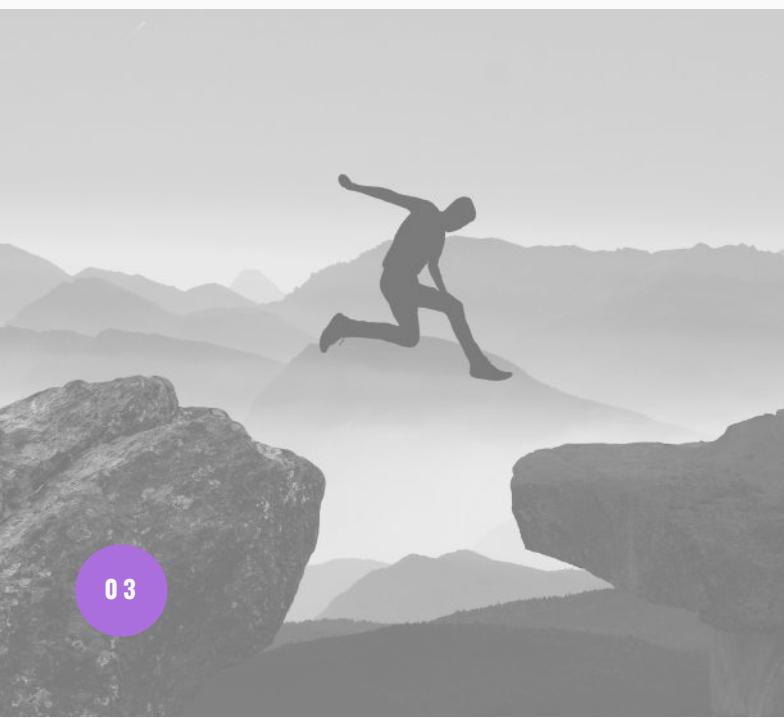
CONSCIOUS MIND

Our mind comprises of the conscious and subconscious mind. Our conscious mind is the rational and analytical part of our mind where we store our short-term memory. This part of our mind helps us to make daily choices and decisions. Although it is good for day to day functioning, this part of our mind can also rationalise our behaviours, good or bad. Meaning that our conscious mind does not always act in our best interest. Our will Power is also located here. Will power is only temporary and does not affect internal change, which means we may have the will power to change a behaviour, but this does not necessarily translate into long term change.





SUBCONSCIOUS MIND



Another part of our mind is the subconscious mind - this part of our mind is where our authority is. This is where we keep our imagination, permanent memory, habits, emotions, feelings, values and protective reactions. The subconscious mind functions below the surface.

Our subconscious mind can be seen as our computer, although we do not access all the information every day, it is accessible at any time. Sometimes for better functioning, we do however need to reprogram it.



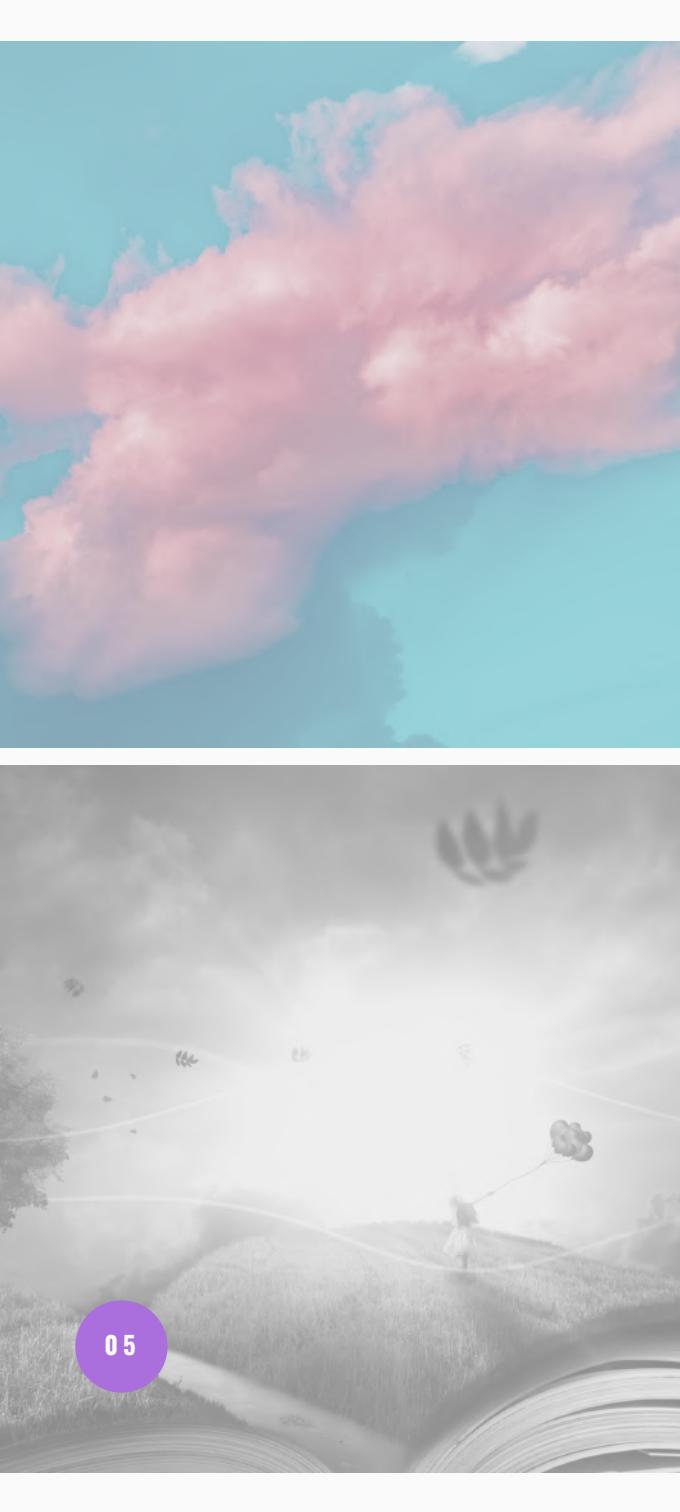
WHAT IS HYPNOTHERAPY

Have you ever driven in the car and upon arriving at your destination, not remember the road there? You may have also experienced a daydream or focused thought, where you cannot recall what was happening around you. This is also a form of a hypnotic state. Hypnosis is an altered state of consciousness, A slight shift in your awareness.

HOW IT WORKS

In hypnotherapy, the hypnotherapist induces a hypnotic state and deep relaxation where she can access the subconscious mind. The conscious mind is subdued and the subconscious mind awoken. The hypnotherapist then continues to make suggestions to the subconscious mind, enabling the person to make positive changes within themselves.

Hypnosis can therefore be defined as a heightened state of awareness where the hypnotherapist facilitates the hypnotic experience, by suggesting ideas and concepts that assist the re-programming of patterns of behaviour in the mind. Helping to overcome negative thoughts, suppressed emotions,



HYPNOSIS FACTS

- **Hypnosis is not sleep** - during a hypnotherapy session you are completely aware and you will not be asleep.
- **You will not lose control** - you are in control at all times and can bring yourself out of the hypnosis at any time.
- **You will not reveal your secrets** - again, you are in complete control and will not reveal anything you do not want to.
- **You cannot get stuck in hypnosis** - you can open your eyes at anytime during your hypnosis. This will not have any adverse effect.

BEFORE YOUR SESSION

You do not have to do anything before your first session. We do however recommend that you avoid coffee or any type of stimulant before your session as it might hamper your relaxation.

HOW WILL I FEEL?

It is natural to achieve different levels of trance in each hypnosis session. This will depend on:

- How tired you are
- How stressed you are
- Time of day

You do not have to achieve a "deep" level of trance for hypnosis to be effective.

THE SESSION

Your first session will be 1h30 which includes a 30 minute consultation..

Each session will be recorded for you to listen to between sessions. This will assist and enhance the effectiveness of your hypnotherapy.

The amount of sessions you need will depend on the reason for hypnotherapy.



SERVICES OFFERED

We offer the following hypnosis therapy sessions:

- **Smoking cessation** - this is offered as a two session package to ensure effectiveness
- **Weight loss** - we recommend 3 - 4 sessions (including Gastric bypass simulation (T&C's apply) These sessions will include tips on nutrition and a free at home training program for beginners. Customized training and nutrition plans available for purchase.
- **Phobia's or fears** - This can be any fear or phobia, anything from flying to spiders.
- **Stress management** - In our daily lives we do not often have time to relax. Let this hypnosis help you achieve the deep relaxation that you have been craving. Giving you the tools to relax whenever you need to.
- **Pain management** - Connecting your mind and body to establish where your pain comes from and how to heal it.

DISCLAIMER

Hypnotherapy does not replace medical or psychological treatment. In certain instances you may be asked to consult with your physician before a hypnotherapy session. Due to the current Covid-19 pandemic we also offer Skype hypnotherapy sessions. This is just as effective as an in person consultation.

MAKE AN APPOINTMENT

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**CHANGE HAPPENS FROM
THE INSIDE OUT. IT ALL
STARTS IN OUR MIND.**

ILANA SMIDT

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