

factors that may be affecting overall wellbeing. This may include addressing negative self-talk, stress levels, diet, lifestyle and other environmental factors. The main aims of this stage are to stabilise, build ego strength, develop your inner resources and increase feelings of wellbeing.

3.Resolve

Once greater psychological and emotional wellbeing has been established, the third treatment stage addresses any unresolved issues that may be preventing recovery or causing resistance to health. Important issues may include addressing fears, overwhelming life events and resolving past traumas.

4.Enhance

The fourth stage of treatment works specifically with the conscious and unconscious mind to enhance healing. This is predominantly achieved through visualisation, guided imagery and Mental Rehearsal.

5.Prepare

The fifth stage is focused on preparation. It includes mental, emotional and physical preparation for any medical treatments such as surgery, chemotherapy or radiotherapy.

6.Support

The sixth stage of the treatment aims to support you irrespective of the outcome of treatment. During this stage you may be supported in maintaining your return to health and creating your positive future or coming to terms with dying and making final preparations.



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Mind over Cancer

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Complementing Cancer Treatment with Hypnosis

Despite the common myth that cancer strikes suddenly, cancer cells develop in our bodies every day. They are a result of simple errors in the reproduction of normal cells which the immune system usually recognises and destroys. Sometimes the immune system is depleted because an individual is ill, suffers a major life event or is stressed out. If the immune system cannot do its job properly this means abnormal cells can carry on developing.

Cancer Hypnosis

Hypnotherapy is not a cure for cancer but it will provide a great deal of comfort and relief for the cancer sufferer. It is an excellent adjunct to traditional cancer treatment and in recent years hypnotherapy has become one of the leading complementary treatments for cancer.

Relaxation

Hypnotherapy teaches deep relaxation and reaching deep relaxation on a daily basis will have a positive impact on the physiological responses to depression, stress and anxiety. Self-hypnosis is taught to all clients and back-up CD's are also provided for regular practice.

Positivity

Hypnotherapy can help a person establish and reinforce a positive mindset whether this means getting the most out of every day, believing that cancer treatment can work or alleviating the fear of dying.

Symptoms

Hypnotherapy has had excellent success alleviating the symptoms of cancer treatment. You can use hypnosis to reduce pain, nausea, vomiting, and even hair loss. You can also direct the mind to boost the immune system's number of natural killer cells or red and white blood cells during chemotherapy. We can also request that the mind direct the agents of chemotherapy and natural fighter cells to go directly to the site of the cancer with maximum force and to minimise its effect on the good cells.

Healing

Hypnotherapy can be used to speed up the bodies healing response. There is research to suggest that when cancer establishes itself within the body there can be unconscious resistance to health where a person suffers anxiety, depression or they are overburdened with responsibilities. Therefore even if a person consciously wants to heal the unconscious may be blocking the bodies own healing response. The unconscious may mistakenly pick up the message that death is a desirable alternative to the overburdened existence. Confusion and resistance to healing may remain until assurances and better alternatives are offered to the unconscious. With Hypnosis we can reassure the unconscious that the desire for life overrides all other mixed messages at the same time as helping a person discover how they can build inner resources and better coping mechanisms for the future.

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Session Structure

You can decide how many sessions you would like and how often. For example, you may just want one session related specifically to relaxation and alleviating stress or you may want a series of sessions like a NCT for the mind. Sessions could be weekly, once a month or maybe once every three months depending on your requirements and current treatment. The outline below will give you an idea of the kind of structure that sessions can follow. The sessions may include one or more stages and will not necessarily always follow the same pattern, for example, you may require Outcome and Preparation only.

1.Outcome

The first stage is to determine the desired outcome for the hypnotherapy treatment. This includes setting the goal, gathering information, and determining the best possible course for treatment.

2.Balance

The second stage of treatment addresses your current mental, emotional and physical state by restoring balance to internal and external