



# Guide to Optimising your Hypnotherapy Experience





## Disclaimer

Please note the hypnotherapy recordings remain the property of Acorn Counselling & Hypnotherapy Services and the Holistic Health PT and therefore should not be shared outside of this community. These hypnotherapy recordings are provided as supportive tools for individuals seeking motivation around weight loss and exercise. They are intended for personal use only and should be listened to in a safe, quiet environment where you can relax without interruption.

By using these recordings, you acknowledge and agree to the following:

- Not a substitute for medical advice: These tracks are not intended to diagnose, treat, or cure any medical or psychological condition. Always consult your GP or healthcare provider before making changes to your diet, exercise routine, or mental health care.
- Do not use while driving or operating machinery: These recordings may induce a deeply relaxed state. For your safety, never listen while driving, using heavy equipment, or performing tasks that require full attention.
- Suitability: These recordings are not recommended for individuals with epilepsy, schizophrenia, or other serious mental health conditions unless advised by a medical professional.
- Individual results may vary: Hypnotherapy is a personal experience. The effectiveness of these recordings depends on your openness, consistency, and individual circumstances.
- Responsibility: By listening, you accept full responsibility for your physical and emotional well-being and understand that these recordings are a complementary tool, not a guaranteed solution.

If you have any concerns about your health or the suitability of these recordings, please consult a qualified professional before use.

# INTRO TO HYPNOTHERAPY

*What you need to know*

To get the most out of your hypnotherapy tracks please take time to read the following information:

- It is fine to listen to the hypnotherapy tracks in bed, however if you are particularly tired then you might fall into a natural sleep. Should this happen every time then try to also listen at a time when you are less tired so that your conscious mind can also receive the benefit of the suggestions.
- Please ensure that you listen to your recording in a quiet, comfortable place where you are unlikely to be disturbed.
- Listen to your recording at approximately the same time of day for a minimum of 30 days.
- This can be spread out over a period of 5 days per week for 6 weeks or 6 days a week for 5 weeks. (Slight variations shouldn't cause a problem with the effectiveness of your treatment plan – but please try to be as consistent as possible if you are fully committed to achieving your goals.)
- Multiple Listening's - Immediate effects do not necessarily take place: Some people experience what is termed as 'delayed hypnosis' – that is – their unwanted habits may not disappear instantaneously, however once the suggestions are absorbed by the subconscious mind then results should be noticeable in a few days or weeks. Others may notice improvements immediately. For example, if your aim is to lose weight then you should notice the effectiveness once you start to eat healthily or exercise more (depending on which recording you selected and the cause of the weight problem).

"...Every idea we have in our minds becomes true for us and has a tendency to transform itself into action". Emile Coulé - a respected authority on hypnosis on which many of understandings of the miracles of the mind were based upon - in his book 'Self Mastery through conscious Auto suggestion' (1919)



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## **A little bit about how hypnotherapy works...**

Hypnotherapy is a powerful tool that works by accessing the subconscious mind, where many of our habits, beliefs and emotional responses are stored.

## **How Hypnotherapy Works with the Subconscious:**

- **Focused Relaxation:** Hypnotherapy induces a deeply relaxed, focused state – like being engrossed in a book or movie, where the subconscious becomes open to positive suggestions.
- **Reprogramming Habits:** hypnotherapy can help reframe negative beliefs and reinforce healthier behaviours, such as choosing nutritious foods or enjoying physical activity.
- **Emotional Healing:** It can address emotional triggers like stress, anxiety or low self-esteem that can lead to overeating or exercise avoidance.

## **It can benefit weight loss by addressing the psychological aspects of eating and behaviour:**

1. **Reduces Emotional Eating:** helps manage stress and emotional triggers that lead to overeating.
2. **Improves Self-Control:** by strengthening willpower and reducing cravings
3. **Encourages Healthy Eating:** promotes a natural preference for nutritious foods and portion control.
4. **Boosts Body Image & Self-esteem:** individuals will feel more positive about their bodies, which supports long-term success.
5. **Supports Sustainable Change:** reinforces long-term behaviour change rather than quick fixes.



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*What you need to know*

Hypnosis for exercise motivation can help you overcome resistance and create positive exercise habits. By tapping into your subconscious mind, you can rewire your thoughts about fitness and develop a love for physical activity by:

- **Enhancing Motivation:** it can instil a sense of enjoyment and purpose around physical activity.
- **Overcoming Mental Barriers:** Helps eliminate subconscious resistance like fear of failure or past negative experiences with exercise.
- **Building Routine:** Encourages consistency and commitment to a regular fitness routine.

Hypnotherapy for weight loss and exercise motivation can be a helpful tool, but it doesn't work as a stand-alone intervention. For lasting change, you the client, must genuinely want to make those changes and believe in your ability to achieve them. Hypnosis can support motivation and mind-set, but without personal commitment and belief, the suggestions made during hypnotherapy are unlikely to take root or lead to meaningful action. True progress comes from a combination of internal desire, belief, and consistent effort.

Hypnotherapy is a versatile therapeutic approach that can support a wide range of emotional, psychological, and behavioural issues. It is commonly used to help with anxiety, stress, phobias, low self-esteem, sleep problems, smoking cessation, and weight management. Hypnotherapy can also assist with pain control, habit change, and improving confidence or motivation.

**For further information in relation to the services provided by Acorn Counselling & Hypnotherapy Services, please contact Liz by text or WhatsApp on 07851214369**

