

# About Hypnotherapy | FAQs

## Hypnotherapy For Singers

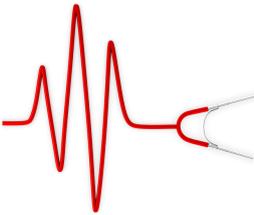


### What is Hypnotherapy?

Hypnotherapy is a very simple and natural way to engage the imagination and focus the mind into receiving suggestions to help you live a better and more comfortable life. There are many myths and misconceptions around hypnosis and hypnotherapy. Most people have experienced hypnosis only through stage hypnotists who use hypnosis for entertainment purposes and encourage the idea of magical thinking, which is misleading.

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### British Medical Association



The British Medical Association has supported the use of Hypnotherapy as an effective, safe and verified phenomenon since 1892.

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### Is it Safe?



Hypnosis is safe, you cannot become “stuck” in hypnosis, you control your mind. You cannot be hypnotised if you do not want to be. No-one can control your mind except you. In hypnotherapy we are guided, rather like in a meditation into a hypnotic mindset often where the brain and body are relaxed and focussed and ready to receive suggestions (such as “when you step onto a stage you are flooded with calm”) which are agreed upon and discussed beforehand.

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### It's a Collaboration



Hypnotherapy is a collaboration between hypnotist and subject and not something that the hypnotist does to you. The goals and tasks of the hypnosis are agreed by both before the session begins and the subject's role is to engage the imagination and hypnotic mindset and make the outcome your reality. In order to embed and increase the results of hypnotherapy work (just as you regularly practise your vocal technique) you will be expected to practice the tasks regularly either with an audio/video recording or using self-hypnosis. This will increase the effectiveness of the tasks manifold.

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### What's a "Trance?"



The word "trance" is often misused. A hypnotic trance (hypnotic mindset) is an everyday occurrence. It is a state of total absorption and focus. If you have ever read a book, watched a film, or been lost in music and forgotten that the world exists outside of this, then you have experienced trance exactly as we use it in hypnotherapy. In hypnosis you will be consciously aware the whole time, but with eyes closed and usually in a relaxed state aware of what is happening. If you fall asleep during hypnosis you are no longer receiving the agreed suggestions and so it will not work.

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### Can Everyone Do it?



Hypnotic skills are known to improve with time, if you do not experience the same results as someone else the first time, numerous studies have shown that regular practice can improve hypnotisability.

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### It's Confidential!



Hypnotherapy clients are always assured confidentiality, the hypnotherapist is bound by confidentiality and in groups we ask singers to agree to the confidentiality of any group discussion or names, though you will not usually be seen on the replay videos unless you take part in any demos.

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### Why are singers usually good at hypnotherapy?



Hypnotherapy is a wonderful tool for singers as we are already used to the creating worlds with our imagination and bringing roles to reality. It is easy for most singers to understand and use the concept of the hypnotic mindset.

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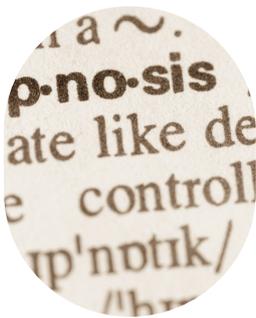
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### Who Should NOT use Hypnotherapy?

As hypnosis enhances and magnifies thoughts and feelings it is not recommended for use with anyone suffering from psychoses or a personality disorder. Please contact me for further details if you have any concerns, anyone with these conditions should firstly get the go ahead from their GP before embarking on a course of hypnotherapy.

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### What's the difference between hypnosis and hypnotherapy?

Hypnosis is the tool we use, stage hypnotists use hypnosis (and lots of illusion) for entertainment. Hypnotherapists use hypnosis in a therapeutic context to help with issues such as stress, anxiety, pain, habit removal, building confidence etc.

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### What if I still have questions?

Please feel free to email me at [julie@hypnotherapyforperformance.com](mailto:julie@hypnotherapyforperformance.com)

