

## Frequently asked questions

### **How confidential is this?**

I will not release any information to anyone without a written authorisation from you, except as provided for by law.

### **How long is a session?**

Sessions are between 45 and 90 minutes.

### **Can I do this myself?**

Yes, you can. In fact, I teach and encourage everyone to learn how to use self-hypnosis for success in many areas of their life.

### **Is being able to be hypnotised a sign of a weak mind?**

No. The opposite is true. The more intelligent and imaginative a person is, the easier it is. Mostly, people who do not go into hypnosis have the mistaken notion that hypnosis will hurt them.

### **What if I do not come out of hypnosis?**

To begin with, you are not asleep - you are merely in a state of relaxation. You are as aware as you are right now reading this page. Whenever you wish to terminate the hypnotic state you can, easily.

### **Will I lose control when I go into hypnosis?**

Definitely not! Actually you will gain even more control over your body and mind with your newly acquired knowledge. Furthermore, you will not do anything in hypnosis that you would not do otherwise. You will not do anything that is against your moral, religious or ethical values. Hypnosis is truly a most natural and comfortable process, yet it succeeds where other therapies often fail.

### **Will I tell you all my secrets?**

No. Hypnosis is not a truth serum! You can withhold information and tell lies just as easily when you are hypnotised as when you aren't.

### **Will I require a referral from my GP?**

In most cases no.

## **HYPNOSIS FOR LIVING**

Robert Bartram (Dip.Hyp)  
Nationally & Internationally Certified  
Certified Hypnotherapist  
Certified Instructor  
(National Guild of Hypnotists, USA)  
Registered Hypnotherapist  
(General Hypnotherapy Register, UK)

I am happy to answer any questions you might have about hypnosis so please call me and take advantage of my free 15 minute telephone consultation.

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"If you want to be the best you must train with the best". My certifications are both national and international to ensure you get the very best and latest hypnosis methods available.

I am a Certified Instructor of hypnosis and a Certified Hypnotist with the National Guild of Hypnotists. The NGH which was founded in 1951 in the United States of America is the oldest and largest hypnosis organisation in the world.

Professional membership of the NGH signifies that an individual possesses specific qualifications, agrees to abide by a strict code of ethics, and will pursue continuing education and studies for annual recertification.

I am also a member of the General Hypnotherapy Register (UK) and hold their General Qualification in Hypnotherapy Practice (GQHP).



## **Hypnosis**

### **Imagine...**

**Living life with better health, greater happiness  
and increased success.  
Living the life you've always wanted.  
Free of bad habits, fears, and the limitations that  
are holding you back.**

**Would you like to...  
Change your mind...Change your life**

**Then call me now for a FREE telephone  
consultation.**

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## Hypnosis—what is it?

For many people the word hypnosis brings forth feelings of fear and apprehension. They think that they are unconscious and under the control of the hypnotist. Nothing could be further from the truth. When you are in hypnosis, you are deeply relaxed physically, but mentally many times more alert than in your normal state of awareness. You hear and respond to everything and are an active participant in the session. You have complete control over what you will or will not do and will instantly reject any suggestion that is uncomfortable to you.

If you like and want the suggestions given, the suggestions are allowed to enter your subconscious mind. This part of you is like a computer and must respond to what is allowed to enter it.

We are all whatever the programming in our subconscious mind perceives us to be. If this part of the mind views us as fat, we are fat. If it perceives that we smoke, we smoke and so on with shyness, poor self-image and other problems.

Using hypnosis, we are able to access this subconscious computer and re-program ourselves to be whatever we wish to be.

### I don't know if I can be hypnotised!

Hypnosis is a natural state of mind. You enter some form of hypnosis several times every day. Anyone can enter hypnosis very easily providing they have the following two things:

1. They must be ready to be hypnotised (no one can hypnotise you against your will).
2. They must have no fear or misconceptions about hypnosis and how it works.

### Hypnosis is a 100% consent state!

If at any time you want to emerge from the state for any reason, you will instantly, naturally, open your eyes and become fully alert. No one can keep you in hypnosis against your will.

## How can hypnosis benefit me?

Imagine a technique that lets you predictably, easily and permanently make all the changes you want. Lose weight, stop smoking, decrease stress, increase confidence or creativity, motivate yourself, become assertive, even minimise or manage pain. Now imagine that you already have the power to make all these positive changes and more. Because you do. These abilities are part of your basic "human equipment." All you need is a qualified hypnotherapist to show you how. Let me show you how easily you can change your life.

The British Medical Association (BMA) and American Medical Association (AMA) have approved the use of hypnosis as far back as 1958.

### Hypnosis can help with the following:

Stop Smoking	Weight Reduction
Fears	Phobias
Stress Management	Insomnia
Relaxation	Nail Biting
Exam Anxiety	Stuttering
Motivation	Pain Control
Painless Childbirth	Sport Enhancement
Panic Attacks	Procrastination
Shyness	Anger Issues
Concentration	Self Esteem

### Can success be guaranteed?

No, because it is never possible to guarantee human behaviour. I believe it is unethical to guarantee something over which I do not have 100% control. I can only guarantee that I will use all my knowledge and experience to help you achieve your desired outcome.

Please remember that, because hypnosis is a 100% consent state, I can never force you to accept my suggestions - even if they support your desired outcome.

If I don't think you are fully committed to your desired change, and therefore unlikely to benefit from hypnosis, I will inform you during your first session and you will not be charged.

## Can hypnosis help me stop smoking?

Yes. Simply imagine for a moment how good it will feel when you can say "No Thank You" to a cigarette. You will have regained control over a part of your life that has been out of control for a long time. Feels good doesn't it? Hypnotherapy can help you stop easily as long as you have a genuine desire to quit. The usual worry of weight gain after stopping smoking can also be alleviated during the hypnosis session.

### Can hypnosis help me with weight control?

Each individual is different. However as a general rule, if you are less than 25lbs overweight, one or two sessions are usually sufficient. If you are over 25lbs overweight, it's possible that more than two sessions will be required. A medical referral may also be required.

### Is it true hypnosis is an effective way to have painless childbirth?

Absolutely! The discomfort of childbirth is really unnecessary. Through the use of advanced hypnotic training, thousands of women have found that childbirth is not only free of discomfort but is also the most warm, loving experience of their life. The average time from the first contraction until delivery is usually shortened substantially.

### What about fears / phobias?

Some common fears / phobias are flying, heights, dogs, cats, birds, insects, lifts, needles, open spaces etc.

Whatever the fear / phobia it can usually be eradicated or reduced in one or two sessions.

### Can hypnosis help me with my performance in sport?

Yes. Olympic teams of all nationalities have long recognised the power of mental rehearsal as equally important as physical practice. It is no longer a 'trade secret' that dramatic edge is gained by self hypnosis to achieve top performance.