

# Hypnotherapy



Brian Watson Associates

[www.brianwatsonassociates.com](http://www.brianwatsonassociates.com)

Brian Watson Dip. I.Hyp. E.Psy NLP Prac.

Your Questions Answered...

# About Brian Watson

Brian Watson Dip. I.Hyp. E.Psy NLP Prac. is an Ericksonian hypnotherapist and trainer providing therapeutic interventions and training to the general public and corporations throughout the United Kingdom. With over two decades of experience in hypnosis and Neuro Linguistic Programming, Watson's expertise in Ericksonian Psychotherapy, Hypnotherapy, and NLP are unparalleled.

Brian is a trainer for BHR (British Hypnosis Research) and was trained by Stephen Brooks of BHR, Watson is certified in the Theory and Principles of Indirect Hypnosis, Ericksonian Psychotherapy and NLP to Advanced Practitioner and Master Diploma level with distinction from BHR. In addition, he holds an HND in Clinical Hypnosis and certificates in Stress Consultancy, Hypnosis and Stress Management, and NLP and is registered with the General Hypnotherapy Register.

As a hypnotherapist Watson has a natural flair for utilising a clients own inner resources in order to achieve their outcomes in often surprisingly easy and rapid ways. His understanding of the intricacies and nuances of the art of hypnosis and hypnotherapy is rare.

His warm, friendly manner and contagious optimism make him a one-of-a-kind therapist utilising his sensitive and remarkable skills which are uniquely effective and unprecedented in his field.



# Hypnotherapy Frequently Asked Questions...

## **Q. Can anyone be hypnotised?**

**A.** Yes! However, only if they want to be and providing they don't have any severe mental illness. In order for the therapy to work the therapist and client work together. If you resist, it won't work.

## **Q. Will I do or say anything against my will?**

**A.** No! If you were asked to do anything against your will it would break rapport and you would simply open your eyes and come out of hypnosis.

## **Q. Can I get stuck in hypnosis and never wake up?**

**A.** It's impossible to get stuck in hypnosis and you can open your eyes at any time, even if the therapist left the room you would simply awaken naturally. No one has ever remained in trance.

## **Q. Will I remember everything after?**

**A.** The subconscious always remembers everything even if you are not consciously aware of it! The subconscious will take what is most useful for you on board and reject what isn't.

## **Q. Why is hypnotherapy different from other therapies?**

**A.** When a belief, or habit is held in the subconscious mind, it is very difficult to change when working on a conscious level (as most other therapies do) and this is why the problem can often persist. Hypnotherapy works on both a conscious and subconscious level and so changes can often be surprisingly quick, positive and long lasting.

## **Q. Can hypnotherapy help my problem?**

**A.** Hypnosis certainly can help with many issues and often provide solutions for problems people have suffered with for years, however like anything in life, nothing is promised or guaranteed. Hypnotherapy is not a substitute for medical advice, diagnosis or treatment, but a very useful supplement to it. It is important that you do not self diagnose and seek medical advice before contacting us. In some cases a G.P referral will be needed.

# Hypnotherapy Can Help With...

Abuse Related  
problems  
Agoraphobia  
Alcoholism  
Amnesia  
Anger  
Anxiety  
Arthritis  
Asthma  
Back Pain  
Bedwetting  
Blushing  
Confidence  
Depression  
Drug Dependency  
Eating Disorders  
Emotional Problems  
Examination Nerves  
Fears and Phobias  
Gambling  
Goal Setting  
Guilt / Jealousy  
Habits and  
Compulsions  
IBS  
Impotence  
Inhibitions  
Insecurity  
Insomnia  
ME  
Memory Recall

Motivation Problems  
Nail Biting  
Nervousness  
OCD  
Overeating  
Pain Control  
Panic Attacks  
Period Pains  
Phobias  
Premature  
Ejaculation  
Psoriasis  
PTSD  
Public Speaking  
Relationship  
Problems  
Self Esteem  
Sexual Problems  
Shyness  
Skin Problems and  
Nervous Rashes  
Sleep Problems  
Smoking Cessation  
Stage Fright  
Stammering  
Stress  
Timidity  
Unwanted Habits  
Weight Control  
Worry  
and more...

# Other Uses of Hypnotherapy...

## **Sports Performance**

Hypnosis is often used in sport psychology to bring the best out of athletes. People who expect to excel usually do. Mentally rehearsing a successful game can fire neurons in the brain in exactly the same patterns they would follow when actually performing the activity. It is believed that these movements, along with contractions in the muscles, are responsible for improved neuromuscular co-ordination.

## **Creativity**

Hypnosis is the ideal state for enhancing creativity and imaginative pursuits. Many artists, writers, musicians and inventors have produced their best work during trance states when ideas flow more easily and abundantly.

## **Self Hypnosis**

Self hypnosis is taught in groups or individually. During therapy a post-hypnotic suggestion may be given to achieve the desired state, giving you the confidence you need to free yourself from self-limiting beliefs.

## **Test and Exam Focus and Concentration**

Whether it's a driving test or studying for exams, there is usually an element of stress and pressure. Hypnosis can be beneficial in helping with focus and concentration by providing you with a calmer and more relaxed mindset, enabling a more efficient use of study time.

To book an appointment call: 07519 893 555, email [info@brianwatsonassociates.com](mailto:info@brianwatsonassociates.com) or visit [www.brianwatsonassociates.com](http://www.brianwatsonassociates.com)

# Contact



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