

Lindsay Morris
Hypnotherapy & EFT

History of Hypnosis

Hypnotic or suggestive therapy has been used as a healing technique since the beginning of history. References to it can be found in the Bible, although the name was not introduced until much later. It was of prime importance in the "sleep temples" of Ancient Greece which were places of pilgrimage and healing.

In the Middle Ages belief in miraculous cures associated with religious shrines was widespread. Healing was brought about by touch and prayer.

During the 18th Century the theory of "Magnetism" was developed. Franz Anton Mesmer argued that the planets influenced mankind through their magnetic effects on the "fluid" which occupied all space. He discovered that he could induce people into a trance like state and concluded that he himself must be a kind of magnet, hence the term "Animal Magnetism". This idea was soon discredited by a French Royal Commission which found that the magnetic fluids did not exist. James Braid re-examined Mesmerism in the 19th Century and reached similar conclusions. It was he who coined the term "Hypnosis" for the induction of a trance like state through simple suggestion.

In the early part of the 20th Century hypnosis was used almost exclusively by stage hypnotists, thereby projecting a hopelessly distorted view of the very powerful therapeutic tool. However, in 1955 the British Medical Association endorsed the practice of hypnosis in Medical School education, since then it has become a valuable addition to conventional medical treatment.

Have you ever been so involved with a task that you have lost

track of time? Have you ever driven from one place to another and arrived safely, but not remembered the journey? Have you ever read a book and become so involved with the plot you can see scenery and hear characters speak? Have you ever day-dreamed? These are everyday examples of an altered state of awareness.

Hypnosis is another example of an altered state of awareness one which can be used for self help. It is a perfectly natural state which occurs between being fully awake and fully asleep. In the clinical setting hypnosis is usually accompanied by a pleasant state of physical relaxation which in itself is beneficial, especially in the symptoms induced by or aggravated by stress. The term Hypnotherapy means the use of hypnosis for the treatment and relief of a variety of somatic and psychological symptoms.

It is important to note that no one can be hypnotised against their will and no one can be forced to do things while in hypnosis that they do not want to do.

During hypnosis, you will be aware of what is happening: most people do not feel hypnotised due to the misconceived expectancy of what hypnosis is. You are always in control.

Hypnotherapy

Hypnotherapy is therapy that utilises hypnosis: as simple as that! Therefore it is important that a hypnotherapist is properly trained, as Lindsay is, in therapy as well as being a competent hypnotist.

There are various models of hypnotherapy, and the decision as to which to use will be made jointly by Lindsay and you. Here are the models that Lindsay uses most regularly:

Motivational Hypnotherapy

Motivational hypnotherapy is mostly used in cases where a client is wanting to make a change, or to achieve a goal.

Examples include:

- Weight control
- Performance enhancement
- Smoking Cessation
- Creativity
- Sport
- Learning

Cognitive Behavioural Hypnotherapy

This model uses theories from both cognitive and behavioural psychology to address issues of thought and behaviour. This can be a very effective process for a wide range of issues including:

- Fears and phobias
- Anxiety and panic attacks
- Medical issues
- Study skills
- Confidence issues
- Sleep

Analytical Hypnotherapy

Sometimes clients are unsure of why they have a particular problem or cannot achieve a goal. It can then be useful to use analytical age regression techniques to have a look back and discover what occurred in the past that has led to the current situation. There are a few critical factors in analytical hypnotherapy:

- Causes are often in childhood, and re-examining them with your adult mind can help resolution
 - You may or may not already be aware of the cause; even if you are you may not realise all the factors involved and analysis can help you get a clearer more complete picture
 - There is no need to “re-experience” bad times: it can be as though you are simply observing
- Hypnotherapy is completely natural and safe. There are no harmful side-effects. When administered by a professionally trained and skilled Hypnotherapist the benefits are long lasting and often permanent.

What is hypno-psychotherapy?

Hypno-psychotherapy is an extension of hypnotherapy into the realms of psychotherapy, based on integrative theories.

It is utilised for deeper problems than would be addressed by someone purely qualified in hypnotherapy. Examples include depression and dealing with trauma or abuse.

A brief history

Unlike most comparable therapies, hypnotherapy measures its history not in years or decades but in centuries. The usually acknowledged forerunner of modern hypnotherapy, Franz Mesmer (1734- 1815), believed in the existence of a universal fluid, an imbalance of which caused illness. However, Mesmer's contemporaries attributed his undoubted successes to his manipulation of a patient's imagination. During the 19th century, this theme was followed by several doctors, who used hypnosis successfully, not only to treat psychological illness but also as an anaesthetic for surgical operations.

Hypno-psychotherapy and hypnotherapy

Although the development of chemical anaesthetics displaced the use of hypnosis in surgery, and Freud's use of psycho-analysis began to displace it in psychotherapy, the benefits and uses of hypnotherapy are such that it remains a popular and adaptive form of therapy. Hypnotherapy may be used on its own, as simple relaxation therapy, or it may be integrated with any of the great schools of psychological thought. This integrative approach, termed hypno-psychotherapy, has very wide therapeutic applications.

The uses of hypno-psychotherapy

In addition to treating disorders of mood, thought or feeling, hypno-psychotherapy can help with a wide range of psychological problems including habit disorders, social difficulties such as lack of confidence, exam/driving test nerves, phobias, panic attacks and depression. It is also widely used for enhancing sporting performance, creativity, memory and concentration. Hypno-psychotherapy also has other clinical and medical applications including pre/post-operative treatments, anaesthesia and pain relief strategies. Many stress-related physical problems such as skin disorders, migraine and irritable bowel syndrome, also respond well to hypno-psychotherapy. Only a small selection of the many problems posed by our society and the way we live are mentioned here. There are many others which may be alleviated by hypnotherapy and they can be discussed with a hypno-psychotherapist.

EFT, Emotional Freedom Technique.

Emotional freedom technique is a ground breaking way in which anxieties, fears and many emotional issues can be effectively cleared in a relatively short time by shifting the energy within us that regulates them.

It is a soothing and gentle pathway to experiencing peace of mind

EFT is effective as it deals with issues from another level of understanding. This understanding is that the human body at its core is made up of electromagnetic energy. In a healthy state that energy flows freely.

Energy is the blueprint and foundation for the health of the body which is composed of energy pathways and centres that are in interplay with our organs, thoughts, cells, emotions and moods. When we shift these energies to flow freely we are able to influence our state of mind, emotions and health.

Emotional Acupuncture without needles

EFT is known as psychological acupuncture, a form of emotional acupuncture without needles. The meridian points on the body which are pathways and sensing points to our emotions and energy flow are stimulated by tapping on them while tuning into the issue or physical ailment. This then shifts and breaks up unwanted negative feelings. Ideas that are held in the mind about situations, people and views which limit our perceptions of life and ourselves then shifts with the new energy flow. As they do the body and brain recodes thought, feelings and emotions of old.

EFT has a positive effect on the electrochemistry of the brain, which in turn is able to create positive mental states. Many psychological problems can be treated without the need to go through laborious stages of discovery, emoting and cognitive restructuring.

The key area's Lindsay works in are:

- Smoking cessation
- Fertility issues
- Anxiety
- Self esteem
- Confidence
- Spiritual issues

But also works with a wide range of other issues. If you are wondering, just phone or email and ask!

Helping with neurological disorders

Imaginary can be used to bring about a reduction in stress levels in the body. By using hypnosis and EFT imaginary can be greatly enhanced.

Neurological pathways in the brain can be stimulated with the use of imaginary through hypnosis.

Negative imagines in mind can be cleared using hypnosis and EFT

Imaginary through hypnosis and EFT can be effective with the following.

- Reduces stress and pain
- Increases circulation, and blood flow
- Helps to improve sleep
- Gives a sense of well being
- Naturally increases dopamine levels
- Sets up conditions for the body to heal itself

The Department of Neurology at Rambam Hospital in Haifa, Israel conducted a study to examine whether a Parkinson's Disease (PD) tremor, known to worsen with stress, would improve with "relaxation guided imagery" (RGI) and calming music.

The number of participants in the study was twenty . They had moderate to severe tremors. Relaxation techniques were used. The tremor was objectively monitored using an accelerometer

All 20 subjects with the "relaxation guided imagery" had dramatically decreased tremor (baseline 270.38 +/- 85.82 vs. RGI 35.57 +/- 43.90 movements per minute)

The average tremor activity remained significantly below baseline, at both 15 min and 30 min after imagery was discontinued

It is interesting to note that the relaxing music also significantly reduced the tremor, but to a lesser degree than imagery (220.04 +/- 106.53 movements per minute $P = 0.01$). Even more noteworthy was that simple, self-relaxation had no significant effect on tremor.

The researchers concluded that RGI can supplement conventional medical treatments for tremor in patients with PD.

Citation: [Schlesinger I, Benyakov O, Erikh I, Suraiya S, Schiller Y. Parkinson's disease tremor is diminished with relaxation guided imagery. Movement Disorders. 2009 Sep 18](#)



Lindsay's Morris

Qualifications:

- HPD, Hypnotherapy Practitioner diploma, National council for Hypnotherapy/NCFE Awarding body.
- Dip.Couns. Diploma in counselling. Uk Academy of Therapeutic Arts and Sciences
- DCHYP, Diploma in Cognitive Clinical Hypnotherapy/ National council for Hypnotherapy/ United Kingdom confederation of Hypnotherapy Organization .Trained at the Quest Institute in London.
- PracNLP, Practitioner of Neuro Linguistic Programming. Trained at the Quest Institute in London/ National council for hypnotherapy/United Kingdom confederation of Hypnotherapy Organization
- Cert.Anx.Spec. Certified Anxiety Specialist. Trained with the UK Academy of therapeutic arts and sciences.
- Cert.E.Hyp. Certified Ericksonian Hypnotherapist. Trained with the Uk Academy of therapeutic arts and sciences.
- PracEFT, Practitioner of Emotional Freedom Technique. Trained at the EFT centre in London. AAMET awarding body.
- AdvEFT Level 3. Trained at the EFT centre in London.
- Smoking Cessation specialist certified/ NCFE awarding body.
- Certificate in hypno-psychotherapy . National College Student and Alumni guild.

Lindsay is a member of the following organisation

- CNCH. The Complementary & Natural Healthcare Council.
- UKCHO. The UK Confederation of Hypnotherapy Organisations.
- NSHP. National Society of Hypnosis and Psychotherapy
- NFSH. The National Federation of Spiritual Healers. The Healing Trust.
- A.A.M.E.T. The Association for the Advancement of Meridian Energy Therapies.

Schedule of Fees & registration

£60-70 per session for hypnotherapy and EFT. Each session is 1 hour

Price variation is due to location

Discounted prices are offered to over 65s and the unemployed.
Proof is required.

Practice hours are Monday to Friday 9:00am to 8:30pm

Saturday and Sunday appointments by arrangement.

24 hour notice is required for cancellation of appointments.

A charge may be levied if this is not adhered to.

Payment may be made by either cash or cheque.

Cheques are payable to L . Morris

Telephone:020 8508 3377 **Mobile:** 07984861631

Where to find Lindsay: 10 Maple Gate, Loughton, Essex, IG10 1PS

**Bridge to Health – Bridge Pharmacy 696-702 Chigwell Road,
Woodford, Bridge, Woodford Green, IG8 8AL**

Church Hill Dental Practice, 78 Church Hill, Loughton IG10 1LB

