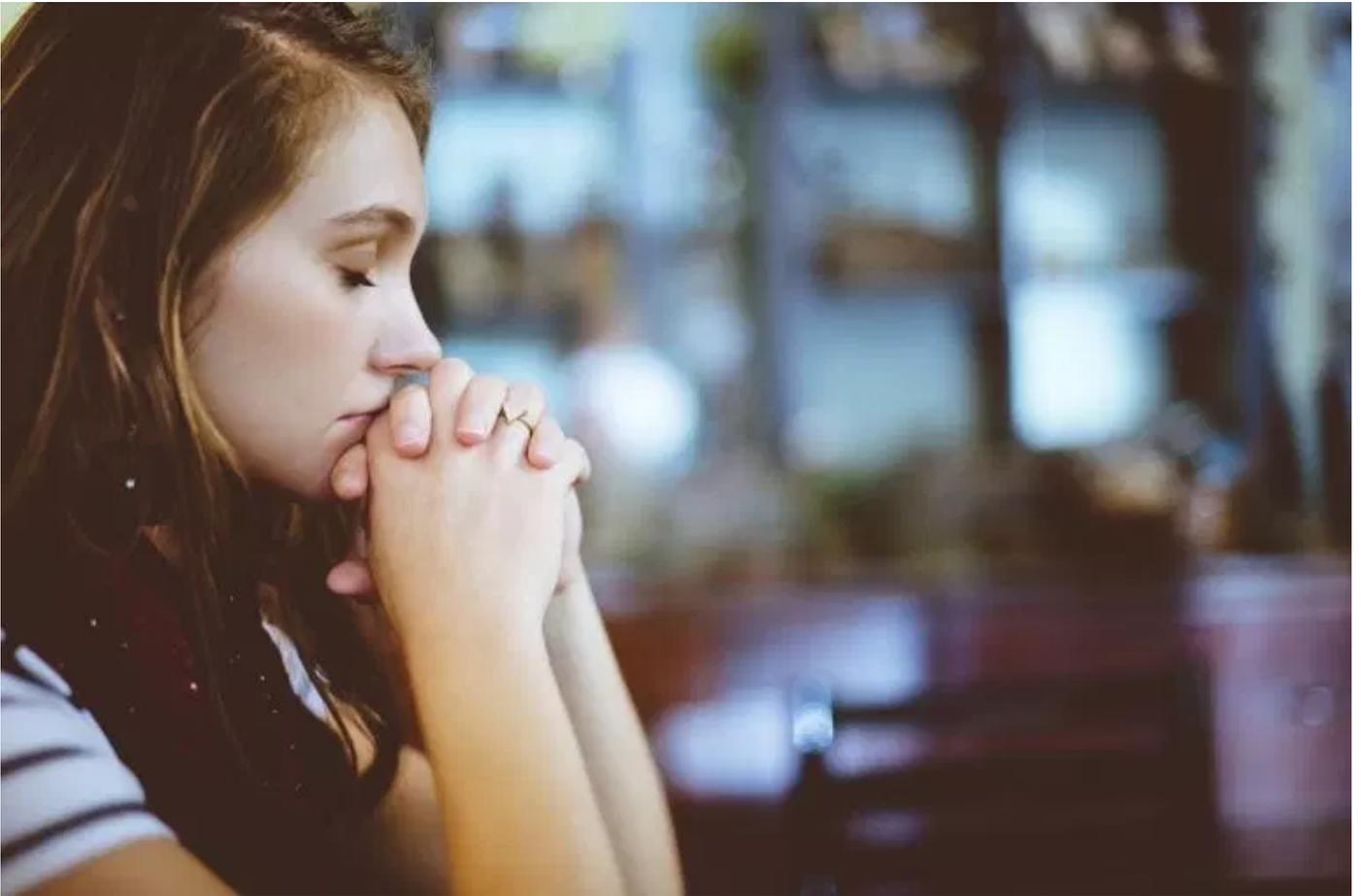


Hypnotherapy for Anxiety

A Real Treatment Option?

Updated June 2018 - Michael Pattinson



Anxiety:

Thoughts that immediately connect with a dreadful physical response (aka a heart drop and or an endless stomach worry) that can be ongoing.

- Life is hard enough without anxiety
- Medication is a common treatment but often promotes unwanted side effects
- Many opt for alternative treatments like yoga and hypnotherapy for this reason
- Some research indicates the effectiveness of hypnotherapy (more needed)
- I have helped hundreds of clients in the past 8 years that have suffered from anxiety

Booking Information

If you wish to make a booking, please do so via the button at the bottom of this page. Fees for a single session are \$200 or three for \$500. If you have questions prior to booking, please text or call 0419 383 314



Anxiety can be a crippling condition that can affect every area. From personal relationships to your professional career, living with anxiety can be a nightmare. 

It can be a constant but negative physical feeling in the pit of your stomach. Other symptoms like blushing, sweating or shaking, can be visible and embarrassing

Anxiety can progress over time, making more tasks difficult or uncomfortable. It can become so extreme that people can begin limiting interactions with others or avoiding new relationships altogether.

Common Anxiety Treatment Options

Unfortunately, anxiety isn't some simple infection that you can cure with a pill or even a surgery.

Medications are a common solution, but they may fail to completely resolve anxiety issues or result in unwanted side effects. They can also leave so many residual symptoms that anxiety sufferers must seek additional or alternative treatments.

Hypnotherapy for Anxiety - A Treatment Option?

There are options that present real hope for those who suffer from chronic or trauma-related anxiety. Studies in several different countries and situations have found that hypnotherapy can be a successful treatment option.

A study from 1990 in the United States found that hypnotherapy can provide significant relief to some people suffering from both anxiety disorders and general anxiety ([source](#)).

A more recent study from Quebec, Canada indicated that hypnosis can actually reduce how intensely patients experience pain and anxiety, as rated by the patients themselves. This study specifically dealt with burn victims ([source](#)).

Most studies on hypnosis include recommendations for additional research. Given all of the potential that hypnosis offers for the control of anxiety and similar conditions, additional research into the benefits, best practices and effectiveness of hypnosis is certainly warranted.

Hypnotherapy can help people control and overcome the anxiety they experience on a daily basis, whether it's generalized anxiety, anxiety related to a serious disorder, or anxiety tied to a trauma.

Some people may experience a reduction in anxiety symptoms after only a single session, while other people may notice significant improvement with ongoing hypnotherapy sessions.

CBT for Anxiety

Cognitive Behavioral Therapy (CBT) works very well in conjunction with hypnosis ([source](#)). It can help people build strong coping strategies, such as changing unhealthy thought patterns and focusing on careful emotional regulation.

Anxiety is one condition that often responds positively to CBT. Even studies that recommend the use of psychiatric medication to control anxiety also acknowledge the potential benefits of CBT. Even adolescents and children can benefit from CBT in the battle against anxiety.

Many people choose to combine CBT with mindfulness practices, like hypnosis, meditation and yoga. These practices can actually work well with one another and improve the overall likelihood of success in reducing symptoms ([source](#)).

Combining CBT & Hypnosis for Powerful Benefits

Research from Spain published in 2012 indicates that fibromyalgia patients benefited the most from a combination of both CBT and hypnotherapy to control their pain and anxiety ([source](#)).

Fibromyalgia sufferers struggle with ongoing, powerful pain that doesn't have a clear physical cause. Even strong painkillers do not always offer relief. The fact that hypnosis can successfully relieve the symptoms associated with this debilitating condition when combined with CBT is a powerful testament to hypnotherapy.

Another 2018 study found that people with Generalized Anxiety Disorder (GAD) may benefit from the combination of CBT, hypnotherapy, and mindfulness. According to an analysis of data, the combination of these three practices seem to improve the outcome for the patients, helping them overcome their overpowering and sometimes crippling fear of making decisions ([source](#)).

Hypnotherapy is Relaxing

Daily life is incredibly stressful, and few people take adequate time to care for themselves, even if they struggle with mental health issues or anxiety. Making the time for hypnotherapy sessions can be a positive form of self-care, as well as a way of reducing the impact anxiety has on your life.

Deep breathing, relaxation exercises, and regaining control of your own mind can help you live a healthier life with less anxiety. Even if there wasn't a stack of evidence suggesting that hypnotherapy can benefit those suffering from anxiety, the process itself is incredibly relaxing. After all, the whole process aims to help you access your subconscious mind through powerful, deep relaxation techniques.

Working with a hypnotherapist can help you identify problematic thought patterns, explore subconscious thoughts, and even reduce the way that anxiety impacts your life.

How to Book an Appointment

Like any form of therapy, hypnotherapy is only as good as the professional administering it. Working with a leader who has a recognised history of success is in your best interests. For those in or near Melbourne, Michael Pattinson can provide professional hypnotherapy services.

You can book your first session today by clicking on the button below and following the prompts.

A rectangular button with a gradient from light orange to dark orange, containing the text "Book Instantly Online" in white. To the left of the text is a small white icon of a cursor arrow pointing towards the top-right.