**Clinical Hypnotherapy with Dr Anna Englin**

**What is Clinical Hypnotherapy?**

Clinical hypnotherapy is an **effective** and **safe** technique for improving the mind and the body.

A qualified therapist uses a combination of conversation and the state of **hypnosis** (see below) to help identify and change unhelpful feelings and thoughts, habits, body functions or enhance performance.

Our minds are incredibly powerful. Clinical hypnotherapy helps us find inner strengths and resources we may not know we have.

**What can clinical hypnotherapy be used for?**

Clinical hypnotherapy is used to treat a **wide range** of issues. It is commonly used for:

* fears, anxieties and phobias
* stress management
* sport or work performance enhancement
* habit problems, such as smoking
* pain control
* control of body functions, such as motion sickness or irritable bowel syndrome
* increasing comfort during pregnancy or childbirth

People often report that clinical hypnotherapy has given them a unique insight into how their mind works. The techniques they’ve learned are often useful for unrelated issues they later face in life.

**What is hypnosis?**

Hypnosis is a **natural** state of inward focus which we all experience every day, similar to daydreaming. The mind has a remarkable ability to become absorbed in a task or thought. This is called ‘entering hypnosis’. It often happens while people are watching a movie they enjoy, or reading an interesting book.

Hypnosis is not sleep. People in a hypnotic state are **awake**, fully **aware** of what is happening and are **in control** of their thoughts and actions.

**What happens during clinical hypnotherapy?**

Clinical hypnotherapy is carried out in sessions of about one hour.

The first session involves getting to know you by taking your history and discussing the issue. Sometimes we will do some exercises using the imagination. In subsequent sessions a combination of talking, explaining and hypnosis exercises will be used.

Medical hypnosis is very different from the way hypnosis is depicted in the movies or on

television. Most importantly, everything that the person experiencing hypnotherapy does or

thinks is voluntary and they are in control.

A therapy plan will be created. This often involves using a state of hypnosis to give suggestions and learning self-hypnosis.

**Is clinical hypnotherapy safe?**

When conducted by a fully qualified medical hypnotherapist, clinical hypnotherapy is very safe.

People often say it is a relaxing, fun or pleasant experience. It can sometimes feel like a relaxation exercise or daydream.

**Is clinical hypnotherapy a proven treatment?**

Scientific evidence that clinical hypnotherapy is effective and safe is extensive and growing. Dr Englin will be happy to discuss and provide the available evidence at your consultation.

**A bit about Dr Anna Englin**

Dr Englin is a Clinical Hypnotherapist and Consultant Anaesthetist. She has over twenty years of medical experience and has specialised in anaesthesia for thirteen years. She is passionate about empowering people to thrive when faced with life’s challenges. As a medical specialist, Dr Englin has a broad understanding of health problems and medical procedures. Her special interests include:

* phobias, especially needle, dental and medical procedure phobias
* performance enhancement
* improving confidence with career challenges such as public speaking and exams

She runs workshops and gives talks in the area of well-being.

Dr Englin has three school aged children. Her hobbies mostly involve being outdoors. Running, hiking and bike riding are her favourites. She is also a fan of the performing arts and can sometimes be found at the ballet or watching a play.

**How do I arrange clinical hypnotherapy?**

Contact the Emotional Health Centre on (03) 9584 5150. They will arrange for an initial consultation. During this appointment, Dr Englin will perform an assessment, formulate and explain a treatment plan.

Dr Englin will remain in contact with your referring practitioner, who will continue your regular medical management.

**Practical considerations**

Hypnotherapy is most effective when you are as comfortable as possible.

Please dress in comfortable clothing and use the toilet before the appointment. Have a snack beforehand if you are likely to be hungry. Mobile phones must be set to ‘do not disturb’ or ‘airplane’ mode during the appointment.