



Q & A

Is hypnosis safe?

Yes, hypnosis is absolutely safe, drug-free, and free of any side-effects.

Can I be hypnotised?

Anyone can be hypnotised, and everyone is suggestible, in fact, hypnosis and suggestibility are both natural functions of the mind. Trance states can vary between deep, medium and light, although deep trance is not necessarily best for all therapeutic purposes. You can be confident that you'll always fall into the right trance depth for the work that needs to be done.

Will I be unconscious?

No. Matthew works with your conscious-to subconscious mind connections. You are aware but not bothered. You won't lose control or say, or do, anything you don't want to when hypnotised.

How effective is hypnotherapy?

Hypnotherapy is the most underestimated modality for creating change. The power of hypnosis is remarkable. In the case of smoking cessation, for instance, hypnotherapy proves to be 15 times more effective than going 'cold turkey' and at least 3 times more effective than nicotine replacement products.

Do I need a medical referral to see Matthew?

No. However, many GPs, specialists and other health care workers often refer patients to Matthew. If you've been referred by another health care professional please bring your referral letter along to your first appointment, or have it handy for your skype session.

Does my health fund cover Matthew's services?

Some private health funds offer a rebate for hypnotherapy depending on your level of cover. Please check rebate amounts with your provider, as they vary considerably.

Is a Skype / MSN session safe?

Yes, hypnosis is not unconsciousness. You will be directed by Matthew at all times through a process of light hypnosis, counselling, and specially designed CDs to achieve your desired goals in complete safety.

What if the Skype connection drops out ?

This rarely happens, but in case of a momentary drop out Matthew prepares you for it in advance. You will be given the pre-hypnotic command to simply come out of trance naturally and easily if a drop out occurs and immediately reconnect to Matthew. Once connection is re-established you will fall straight into the hypnotic trance once more and the session will continue as normal.



Matthew Favaloro
Dip CH RMASCH
Professional Registered
Clinical Hypnotherapist
0416 272 142
www.alternatives.com.au

What if not everything is resolved in one or more sessions?

That's where the CDs come into their own. Designed for use as you sleep, they have a deep and therapeutic action on your subconscious mind. However, you can book to see Matthew for longer or shorter sessions for whatever is required.

What if uncomfortable feeling emerge?

Uncomfortable feelings rarely if ever surface, and if they do it is simply for healing and integration. Often these feelings can be dealt with easily in the session or over the course of your treatment.

What if I arrive late for my appointment at a Venue | House | Office

Arriving late simply limits your session time. Your session will end on time so as not to inconvenience the following booked client. You will be charged full fees even if you arrive late.

Refund Policy

Due to the nature of Hypnotherapy | Counselling, there are no guarantees or refunds on therapy given, nor on packages, gift certificates, and / or where therapy has been previously paid and not followed through.

My question's not here ... If your question remains unanswered e-mail

Matthew matfav@alternatives.com.au