



Hypnosis

Hypnosis is a normal, natural process that we all experience at various times throughout each day and more prominently at night. When we fall asleep, we all cross over a point in consciousness called the Hypnotic Point, it is a shift in awareness we experience when we are half awake and half asleep, relaxed and comfortable, safe and secure, aware yet not bothered. Hypnosis in the hands of a trained professional is completely safe.

Hypnotherapists utilise this natural state of altered awareness (hypnosis) to facilitate change with the use of appropriate commands and suggestions. Some refer to the shift in consciousness that is facilitated, as a "trance state". Trance States can be light, medium or deep.

What is Hypnotherapy?

The word Hypnotherapy is derived from two words which represent two separate modalities: "hypnos" and "therapy". It is the act of creating an altered state of consciousness for the purpose of administering therapy.

The prefix "hypnos" refers to a Greek God, who was said to put men into a trance state. Hypnos was believed to bring much needed rest to the weary. Many Greek myths, stories and legends were used to explore the human psyche and the story of Hypnos became a gateway for people to access their ability for wellbeing.

What does Hypnosis feel like?

A trance state is not unconsciousness, nor is it being "under", "asleep" or "out to it". The "hypnotic sleep" is a relaxed state of "Focused Awareness" Where you are often consciously aware of your thoughts and surroundings.

In hypnosis, the mind usually drifts from thoughts to focus, to thoughts and relaxed awareness, and the whole process tends to feel quite natural. You will be surprised by the subconscious to conscious response you have following the therapeutic suggestions and commands. Hypnotherapy is a Very Powerful, yet a Gentle Process.

What is Relaxation ?

Relaxation is when you change your inner stress state to a state of rest, relaxation and energy flow. To do this you have to first relax the body, then relax the mind and finally calm the spirit. Our work environment is based on deadlines, stress and long hours, our minds are robbed of the natural cycle of rest as indicated in the alpha brain wave state. Alpha is also needed for a clear mind and decision making.

Brain Waves and health

The brain can emit “happy” chemicals that produce health & wellbeing. To do this the brain drops in brain waves to the relaxation of “Alpha” The cycle of oscillation around 7 — 14 cps, In the Alpha state, the mind is able to visualize, yet remain alert but relaxed.

I.e. *day dreaming*. The body and breathing relaxes and around 20 minutes of alpha meditation is equal to around three hours of body relaxation and regeneration. Alpha is the creative visual cycle of the mind. Alpha states of awareness occur naturally in the awake state and also while you sleep. I.e. dreaming.

Is Relaxation Hypnosis?

No, yet one utilizes the other. Relaxation is a state of mind and body that can be self-induced, where you are aware and consciously in charge of the process. Hypnosis is a trance state of mind often instigated by an outside source such as a Hypnotherapist. You cannot put yourself in hypnosis and then consciously give yourself therapy.

What Is the difference between other therapies available ?

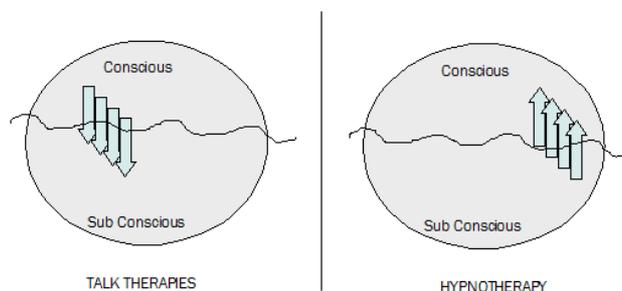
All therapies have their place in the world and prove Invaluable in helping to maintain health and wellness.

Talk therapy: Talk Therapy is favoured by Counsellors and Psychologists It is basically what it states: Talking about your problems over many sessions.

Medical Help: Doctors will prescribe drugs for medical conditions. Psychiatrists are talk therapies with drug prescription.

Process Therapies: Like Gestalt - Psychotherapy - NLP use talk therapy and secondarily tap into internal mind processes to produce certain changes over many sessions. Working from the conscious to subconscious mind.

Hypnotherapy: Works not from directing conscious thoughts to the subconscious as the above therapies, but rather from the other way around. The changes flow naturally from the subconscious into the conscious mind.



An Analogy:

The Plant from the ground to the sky can symbolise conscious awareness. From the ground to deep into the earth can symbolise the subconscious mind. The roots represent the connections and pathways between the subconscious and the conscious. The conscious mind draws up from the subconscious mind. In a way that plants draw water and nutrients from the soil. If the soil is depleted or sick or mal-conditioned, then the plant struggles and in some cases, dies away. Hypnosis conditions the subconscious mind that then feeds the conscious in positive healing ways.

The advantage of this process is that the conscious mind accepts information more readily from the subconscious, than from the other way around. The normal flow is drawing from the sub conscious mind to the conscious mind.

The Mind:

The division of the mind was an artificial creation for simply understanding the mind's different processes.

We have the:

- Conscious Mind (everyday awareness)
- Subconscious Mind (actions and thoughts that are out of conscious awareness)
- Where learned behaviour, thoughts, memories or habits are initiated and drawn upon automatically.
- Primal or instinctual mind. (Raw emotion, survival instincts, sex drive)



Much like a computer.

The screen represents conscious awareness and the files represent the stored knowledge and experience that we draw upon. Luckily, we do not have to think consciously everything we ever said, saw, or did - all the time.

We have the illusion of compartmentalising the different areas of Conscious, sub conscious and primal minds simply because they have unique different functions and ramifications on your persona and the totality of who you are. They communicate and network backwards and forwards all the time. When one area disassociates from the other and communication is blocked or distorted, then problems with the personality starts to appear. Now we know that we are NOT computers! We have emotions, feelings, distinct individual personalities, likes and dislikes. We can express love but also be struck in fear, or suffer depression anxiety and phobias as well as bad habits. This is where Hypnotherapy comes into its own in empowering you and resolve most issues.

Why not book an appointment or simple pass this PDF on to those who you think can benefit from Hypnotherapy.



About Me -

I am a full time Professional Clinical Hypnotherapist, and have been since 1986. I am fully trained in all aspects of Clinical Hypnosis and I am bound by various professional codes of ethics.

I enrolled at the NSW School of Hypnotic Sciences, and having passed all the required studies he became a full member of The Australian Society of Clinical Hypnotherapists (ASCH) in 1986. Later I served on the board of that same professional association.

I then furthered my therapeutic skills by undertaking: a Diploma in Humanistic Psychology under the tutelage of Dr Don Diespecker at the College of Integrated Therapies, and later joined and became president of The Professional Clinical Hypnotherapists of Australia (PCHA), followed by The Australian Association for Professional Hypnotherapy and Neuro Linguistic Programming (AAPHNLP) NSW.

During the length of his career, I also been a member of : The Counsellors and Psychotherapists Association (CAPA), and The Australian Hypnotherapists Association (AHA). I studied Rebirthing and Holotropic Breath Therapy with the Breath~Energetics School of Rebirthing, Sydney Australia, where he also learnt such skills, as Bio~Energetics and fire~walking. I taught in the modalities of Hypnotherapy and NLP to a government accredited VETAB (NSW) standard, as well as currently running the Favaloro Network, a mentoring and educational training program for practising hypnotherapists.

I have bought back the home | office visit for your convenience and is also available globally via Skype, so you can access me anywhere in the world! Offering consultations with a professional, objective and confidential approach.

Qualifications

- Diploma in Clinical Hypnotherapy
- Diploma in Humanistic Psychotherapy
- Certification in Advanced Clinical Hypnosis
- Certification in Psychology
- Certification in Counselling
- Certification in NLP
- Certification in Human Sexuality
- Certification in Medical Terminology
- Certification in IBS (Irritable Bowel Syndrome)
- Certification in First Aid
- Certification in Clinical Supervision
- Certification in Psychopharmacology

With over 27 years full time experience, let me help you.



Hypnotherapy: helping you overcome:

Smoking	Resentments	Phobias	Exam Nerves
Gambling	Anxieties	Anger	Bed Wetting
Drinking	Migraine	Insomnia	Public Speaking
Panic Attacks	Anorexia	Grief	Sexuality Problems
Over Eating	Bulimia	Worry	Blood Pressure
Compulsions	Fear	Guilt	Substance abuse
Depression	Moodiness	Nail Biting	Teeth Grinding
Relationships	Stress	Hair Pulling	Warts

Hypnotherapy: helping you Improve:

Pain Management	Public Speaking	Fertility	Life Skills
Sports Focus	Concentration	Childbirth	Solutions
Assertiveness	Communication	Sexual Performance	Intuition
Memory Recall	Relaxation	Career directions	Creative Flow
Study Recall	Esteem	Life choices	Goals
Rapport	Happiness	Well being	Self Image
Overall Performance	Confidence	Motivation	Presentation

Hypnotherapy: helping you Manage:

Anger	Pain	Chronic Conditions
Anxiety Disorders AD	Irritable Bowel Syndrome IBS	Obsessive Compulsive Disorder OCD
Chronic Pain & Immobility	Attention Deficit Disorder ADD	Depression Disorders
Attention Deficit Hyperactivity Disorder ADHD	Parkinson's Nerve Disorders	Multiple Sclerosis



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Thank You

I would like to take this opportunity to thank you for your confidence in allowing me to be a part of your total health care needs. I am dedicated to offering you professional hypnotherapy services to assist you in maintaining health and wellness.

I encourage open communication and am always here to answer any questions regarding your condition and/or treatment. Confidentiality assured.

It is my intent to provide excellent treatment to all who need it, and your kind words about me to any family members, friends or colleagues via referral will certainly help me to obtain that goal.

Regards

Matthew Favaloro

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