

Hypnotherapy is one of the techniques of psychotherapy that uses hypnosis for therapeutic purposes. Hypnosis is a form of mental state that is induced by a procedure called a hypnotic induction and can be delivered by a therapist or client in the form of autosuggestions. In a state of deep relaxation a client's attention is fully focused and as it increases their peripheral awareness decreases which allows access to causes and roots of unexplainable fears, phobias or unhealthy habits that block a client's potential to make better decisions and live a more satisfying life. Hypnosis, used by a qualified and well trained professional, is safe and can be used as a tool to treat problems such as anxiety, phobias, pain, insomnia and many other ailments. Hypnotherapeutic techniques can be used to alter behavior patterns as well.