

How Hypnotherapy helped me

“ Although I felt a little apprehensive about trying hypnotherapy for the first time, I found the sessions really calm and reassuring. I was impressed with the way the therapist suggested things for me to work on in my own time. I didn't think she would be able to help me to relax, but she did.

Claire, KMSTC Member



About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers throughout South and East Kent and the surrounding areas.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

Within our brand-new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Reflexology, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Acupuncture, Hypnotherapy and Facial Reflexology.

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Hypnotherapy

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What is Hypnotherapy?

Hypnosis can be thought of as a different state of consciousness, which is entered naturally and for therapeutic purposes.

We often experience trance-like states during the course of our day, even passing into ordinary sleep involves a kind of trance state. The experience of hypnosis is similar; neither asleep nor awake, a little like daydreaming, with a pleasant feeling of deep relaxation.

Hypnosis has been used for:

- Changing unwanted habits
- Anxiety
- Stress
- Pain control
- Weight control
- Sleeping problems

About the treatment

Hypnotherapy is safe; you will remain in control throughout. A session is always in total confidence, and it can be a relief to be listened to. There is no way to guarantee how many sessions will be required. Progress can begin after one session, but usually three to six sessions will be most effective.

During the first session, the Clinical Hypnotherapist will take a case history to become familiar with you, your presenting problems and desired outcomes in order to tailor individual therapy sessions. A session may include elements of Cognitive Behavioural Therapy, counselling and analytical methods – all of which can be enhanced by hypnotherapy.

Many people report that hypnosis is relaxing and empowering.



Hypnotherapy

MS may exacerbate issues that already existed but can also produce some of its own. Hypnotherapy can be a way of managing these changes, both physical and emotional. Hypnotherapy can help with: fatigue management, loss of confidence, fear of being dependent, change in abilities, pain, sleeping problems, thoughts of your future, anxiety, deep relaxation and reduction of stress, and urinary and bowel issues.

Research on the brain and neural connections have found that the brain is not totally fixed and has the capacity to change. In MS, as one pathway closes due to damage it may be possible to create new ones. There is increasing interest in how hypnosis can help the brain to adapt or make helpful changes for other conditions.

