

Safety checks for hypnotherapy

Do not undergo hypnosis when you are under the influence of alcohol or 'recreational drugs'.

If you take medication, have any ongoing physical or emotional problems, or have been treated for mental health issues in the past, make sure your Hypnotherapist knows about it.

Don't choose your therapist by price or geography. Make sure you're seeing the right person by meeting them or chatting on the phone before booking.

Always see a member of a recognised hypnotherapy association, like the General Hypnotherapy Register or the APHP. You can double-check that someone's membership is up-to-date and genuine by checking the professional body's website.

Hypnotherapy training is only subject to voluntary regulations, so the standard can be patchy. Check what training your therapist had. Don't see anyone who only trained for a weekend or even over two or three months, or who has only completed a distance learning course.

Your therapist should undertake supervision and ongoing training (called CPD). Ask what they do in this regard.

Check that your therapist's certificates and insurance documents are up to date.

Most hypnotherapists are not doctors or psychologists. Make sure your therapist would be willing to refer you to someone more appropriate if the occasion arises.

Hypnosis can be an excellent way to reduce pain and control other long-term symptoms without side effects. However, as pain is the body's warning system, it is very important to have the underlying problem properly diagnosed. You should be asked to contact your doctor before starting hypnotherapy for pain relief or other physical problems, and you should continue with medication unless your doctor tells you otherwise.

Make sure your therapist abides by a clearly stated code of ethics, and that there is a complaints procedure you can use if you feel the code has been breached.

If you would like to know more about using hypnotherapy safely,
please contact me:

www.debbiewaller.com

debbie@debbiewaller.com

01977 678593

