Step-by-Step Guide: How A typical Hypnotherapy Session Is Conducted

To ensure you feel prepared and comfortable, here is an overview of how each hypnotherapy session is structured. Our approach is designed to create a safe and supportive environment while fostering personal growth and lasting change.

Welcome & Check-in: Briefly touch base on how you're feeling, recent experiences, and any questions. Set Intention: Clarify your goals for the session, focusing on specific issues like anxiety or stress. Relaxation: Be guided into a calm, relaxed state using techniques like deep breathing and guided imagery. Hypnotic Deepening: Move deeper into hypnosis, enhancing receptivity to therapeutic suggestions. Therapeutic Suggestions: Personalised suggestions to address challenges with potential visualisations or past experience exploration. Awakening: Gradual return to full awareness while retaining clarity and calmness. Reflection: Discuss your session experience, insights, and feedback. Homework: Receive simple tasks like journaling or mindfulness to integrate progress into daily life.

Ready to start your journey? Schedule a consultation with Su Tawana today!















