

Hypnotherapy for Anxiety

The world we live in is one in which we are expected, and expect ourselves, to achieve. We should pass exams, gain qualifications, be promoted and if we don't then our positions in life may be threatened. At the same time, through the media, other concerns are being drawn to our attention: the state of the economy, climate change, wars and crime. Add in concerns about the health of ourselves and those we love and it is no wonder that anxiety has become an issue for very many people. There seem to be so many ways in which things may go wrong in our lives.

The autonomic nervous system that developed at a much earlier evolutionary stage activates the fight/flight response, preparing our bodies, rapidly, to handle threats. But the threats we face are rarely those that call for physical flight or physical conflict. We are left with our hearts beating fast, our stomachs churning, our muscles tensed and our thinking confused or constricted. Anxiety is a "bodymind" issue for us. To tackle it effectively we need to address not just what we are thinking about but also how we are thinking and how thoughts are affecting our bodily responses.

Hypnotherapy is often perceived as a very passive form of therapy, because the client is in a relaxed state and it appears that the therapist is doing it all. This is a very misleading idea. Hypnotherapy is above all a way of learning. It is a way of learning to respond differently to the experiences that arise for us that can affect both the mental and physical dimensions of response. Thus it is a very effective form of treatment for anxiety. Through it we can come to replace the disruptive responses and disturbing thought patterns that plague our lives with effective patterns of thought and action that enable us to stay centred and secure within. Necessarily, through this learning process, we come to understand and appreciate ourselves better and to open up new horizons.
