

Hypnotherapy effective tool in addressing issues such as smoking and weight loss

By Tanya Schauer
Canadian reporter

BECKWITH - Certified hypnotherapist Wendy Hauraney knows there is a lot of confusion surrounding the concepts of hypnosis and her profession.

She also knows how powerful a tool they can be in helping people deal with a wide variety of issues and problems, ranging from anxiety relief to weight loss. She said hypnosis can help people find the origin of their problems, rather than just dealing with the symptoms.

"We all know we can't solve a problem until you find the root of it," she explained.

Hauraney describes hypnosis as a natural state in which the person remains in complete control of a situation.

"It's a very natural state that many times we fall into and don't even realize it," she said. "Hypnosis is a state that allows access to the subconscious mind."

In addition to managing the everyday body functions, Hauraney said the subconscious mind is very powerful and is able to help people make positive changes in their lives.

"Your subconscious mind is responsible for your heart beating, your eyes blinking, all those automated responses," she said. "It's also the seat of your full

potential."

After carefully screening her clients to ensure they truly want to make a change in their lives, Hauraney will set up an interview to more thoroughly discuss their problem and to discover what kind of language is needed for making suggestions to the client during actual hypnosis.

"I use whatever they tell me to create a session," she said. "I get their language at the beginning and then I build that into the hypnotic session."

Hauraney explained that if she discovered a client enjoyed gardening, she might incorporate that into her relaxation and hypnosis session.

"I might do a garden scene where they're feeling the beauty of nature," she said.

During the hypnotic session, Hauraney said she makes pre-agreed suggestions to her client. If the suggestion is acceptable to the client, his relaxed state will better allow his subconscious mind to absorb and use the suggestion to deal with problems. While the client is still under hypnosis, Hauraney teaches him how to do self-hypnosis for use later on. Afterward, Hauraney discusses the hypnotic session with her client and they reaffirm the client's goal.

Hypnotherapy sessions are meant to be just that —



Certified hypnotherapist Wendy Hauraney has set up shop in Beckwith. She says hypnotherapy can help people overcome any number of conditions including weight loss and quitting smoking.

therapy, but the concept is often confused with the more visible work of stage hypnotists who use hypnosis for the purpose of entertainment.

"We've all seen stage hypnotists who take people up on stage and make them do things in front of a crowd," Hauraney said. "That's not what hypnotherapy is about."

Hauraney, who has trained both in the United States under the tutelage of Dr. Susan Baker, as well as in Ontario, practices in The

Wellness Centre in Ottawa as well as her office in Beckwith, which opened in May.

"I've had a good response from Carleton Place and Almonte," she said adding the reaction to her business has been widespread. "I have clients from (Ottawa), Arnprior, Carp, Nepean, Kanata, Orleans, Perth and Smiths Falls."

Hauraney also has specialized training in child and geriatric hypnosis. The kinds of issues faced by those groups and how they

deal with them can be different and require special attention.

"It's just a much different approach to the session," she explained. For example, Hauraney said she might use toys as an aid in helping children discuss and deal with their issues.

Anyone wishing further information about hypnotherapy and Hauraney's services is asked to call her at 257-5594. Hours are flexible and weekend and evening appointments may be available.