

# HYPNOSIS FOR HEALING



**Karen Gould** met up with clinical hypnotherapist **NANCY HO** to learn how to harness the power of the mind to heal body and soul.

Hypnosis – but not the swinging-pendulum-watch variety – is gaining popularity in Singapore, with a broader range of applications than you might be aware of. Most of us have heard of hypnotherapy for cigarette addiction or weight loss, but according to one practitioner, it also has a lot to offer those who are ready to heal.

“We’re talking about both physical healing – for example from surgery, injuries such as those sustained in car accidents, or the pain that accompanies serious and chronic illnesses – and emotional healing, from traumas like divorce or the loss of a loved one,” says Nancy Ho, who practises hypnotherapy at the Regional Hypnosis Centre in Holland Village.

In the realm of physical healing, Nancy sees clients who are undergoing such extreme medical scenarios as radiotherapy and chronic pain, and believes that hypnosis has provided a valuable adjunct to

their conventional therapies. “After all, all healing is self-healing. Medicine can treat, but the body needs to heal itself, and hypnosis helps the mind to trigger healing in the body.”

Hypnosis healing sessions may include breathing techniques that aim to create positive mental “energy”, along with suggestions of health, similar to the positive affirmations familiar to most of us. The therapist may also help identify the negative thought patterns that reinforce unwanted behaviours and hold us back. Sessions may also include education in self-hypnosis, whereby clients learn self-help strategies to reduce pain experienced while away from the clinic.

In the case of emotional wounds that refuse to heal, Nancy looks for a root cause, often in a client’s past. “In the case of one client who was still crying and inconsolable a year after a break-up, we needed to explore childhood issues of abandonment before we could move forward with the healing process.”

Hypnosis can also help establish habits that support healing while diminishing those that hold it back, says Nancy. “When a person is sick either physically, mentally or emotionally, the brain kicks in with a self-preservation instinct that says, ‘I want to feel good!’

Of course, people don’t find the right way to feel good, for example, by exercising, so they may reach for the chocolate, or the alcohol, even gambling, and the downward cycle continues.”

New habits can be formed surprisingly quickly, and the whole process aims to have you back on your feet, in charge of your own healing, and equipped to cope with whatever life decides to throw at you next. “Of course, there are situations when people may want to have long term therapy, but generally, it’s four to six sessions and you’re done,” says Nancy.

Still hesitant? You’re not alone. Many people are sceptical when they first consider hypnosis, and rightly so, says Nancy. “They think of people quacking like a duck at hypnosis stage shows, or spooky terms like ‘altered state of consciousness’. But hypnosis is not about mind control, nor is it sleep. It’s just a matter of the conscious mind becoming relaxed, to allow information and energy from the subconscious to be accessed. Once that relaxation occurs, healing can begin.” ■

The Regional Hypnosis Centre is at 43 Jalan Merah Saga, #02-72. Call 6272 7118 or visit [hypnosisoneonone.com/oneonone/](http://hypnosisoneonone.com/oneonone/) for more information.

