



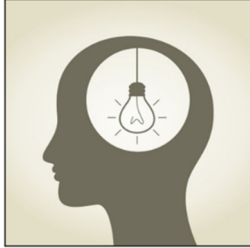
A Guide for Clients



Lorraine McReight
HYPNOTHERAPY & CBT

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About Hypnotherapy & Hypnosis



Hypnosis is a focused state of attention that many people experience when they're absorbed in a sport, hobby, or activity, where they 'zone out' from their immediate surroundings and busy thoughts. Some people say it feels like daydreaming.

Clients remain aware of their surroundings, can open their eyes, speak, or move if they wish, but most people enjoy the opportunity to relax and switch off.

Hypnotherapy is talking therapy that involves hypnosis. There are several styles of hypnotherapy, just as there are different types of talking therapy. By combining hypnosis with talking therapy and other psychotherapeutic approaches, the process of change is usually accelerated as it works at a deeper level than conversational therapies can. This is because the therapist can communicate with the unconscious (or subconscious) mind which is the driver for many unwanted behaviours and automatic reactions.

We might try to override our feelings or behaviours and apply reason; to persuade ourselves that something makes sense or should or shouldn't be done.

In hypnosis you enter a more creative and receptive state and are more likely to be open to new ideas and solutions.

Where there is conflict between the conscious and unconscious, it's usually our emotional side that prevails and drives our decision and actions.

About Lorraine

Lorraine McReight is widely recognised as one of the UK's leading hypnotherapists. Founder of London Hypnotherapy Academy, a training school for future change makers, Lorraine was also the development director of The National Council for Hypnotherapy from 2015 to 2022. In great demand as a therapist, mentor, and supervisor, Lorraine is regularly featured in the national press and was the co-founder and editor of the professional journal, Hypnoversity, from 2008 until 2019.

“Lorraine has been unbelievably great! She worked with me on quite a complex issue that has been plaguing me for many, many years. After two sessions I noticed a significant change in the symptoms. After several more sessions, I can honestly say I'm in a great place.”

Noted for her fast results with motivated professionals, Lorraine has a caring, no-nonsense, and results-focused approach that appeals to busy clients who are committed to making changes. She helps them conquer their fears, erase unhelpful beliefs, and embrace their unique talents so they can enjoy success and fulfilment at work and home.

“Lorraine is a very warm and genuine person who I felt understood me and very clearly just wanted to help – which she did....”

Let's chat

Grab yourself a cuppa...



It takes courage to start therapy and to make yourself vulnerable by sharing stuff about yourself, so you'll want to know that you're in safe hands.

Because the therapeutic relationship is so integral to the success of any therapy, it's essential that we both feel that we are 'a good fit'. You'll want to feel comfortable talking with me and confident that I can help you and I will want to assure myself

that I'm the right therapist for you.

Websites can be a great way to do research and gather information, but a website with a list of 'per hour' fees can't convey the client journey, timescale, and investment.

That's why I always suggest that you put aside 15–20 minutes of your time for a relaxed chat on the phone before booking so I can find out a bit more about you and what you want to change, and I can explain what you can expect from working with me.

Book a free consultation now!

**The Association for Professional
Hypnosis and Psychotherapy**



What to expect in your hypnotherapy session

In your free phone consultation, we'll talk about what you'd like to achieve from attending therapy and I'll explain what you can expect from working with me. I'll give you an idea of how many sessions you might need and answer any questions you might have.

“Hypnotherapy made me feel empowered to take control which was and is a great way of changing a habit....”



At our first meeting (online or in person) we'll talk through your concerns and what you'd like to change. I'll answer any questions and then we'll begin the therapy. After your appointment I'll send you one of my free hypnosis recordings for you to use between our meetings.

In subsequent sessions we'll discuss your progress then continue with the therapy. I've trained in several different approaches that work well in conjunction with hypnosis and I'm happy to teach you those which you can use at home.

Therapy is a collaborative process, and I will support you through your course of therapy. I love seeing my clients make life-enhancing change, and often very quickly too. I'd love to work with you to make important changes.

Take the first step and **book an initial chat.**

Popular Hypnotherapy Questions

How many sessions will I need?

It depends on the issue, the individual & if they have the opportunity to listen to my free recordings between appointments. Many people see me for 4 - 6 sessions & notice positive changes after only 1 or 2! Clients are often surprised how quickly they feel a big improvement, even if they've struggled with a problem for years.

How will I know if I have been hypnotised?

Everyone's experience is different; you may find that your mind wanders or feel as if you have been asleep. At the end of your session, you are likely to feel calm, relaxed and focused, with a sense of wellbeing.

What can hypnotherapy help with?

Almost anything; the mind controls everything. My clients choose hypnotherapy because they want to change how they feel, act or react.

Will I bark like a dog or cluck like a chicken?

Only if you want to! (Although no-one has asked me for that yet).

How do online therapy sessions work & are they as effective as face-to-face appointments?

I've been working mainly online since March '20 & my clients have enjoyed great results. Many now prefer using Zoom as they like the convenience & comfort of being in their own home.

Will I lose control?

No. In hypnosis you can move, speak or open your eyes at any time. No one can hypnotise you against your will.

How is hypnotherapy different to meditation?

Whilst both are very relaxing, working with a hypnotherapist can help you to make changes to how you think, feel or behave at a subconscious level.

Are there any side effects?

Yes! You can expect to feel very calm, relaxed and have a new sense of perspective and wellbeing after a session of hypnotherapy.

Do you provide any hypnosis recordings with your sessions?

All clients receive one of my relaxation recordings when they start a course of therapy with me. Other recordings are available during your course of hypnotherapy. If you'd like to try one of my recordings now, there's a free download available on my website on the freebies page. Many clients say that using it regularly helps them to wind-down before bedtime, ready for a good night's sleep.

Is hypnosis dangerous?

Hypnosis is completely safe and is a naturally occurring state. We often go into a trance-like state when we take a familiar route, get absorbed in an activity or when we daydream. I will guide you into this pleasant state and will offer subtle, yet powerful suggestions that will help you make the changes you want to in a comfortable and relaxed.

What is your success rate?

It's impossible to give a statistic as it isn't ethical to monitor clients once they've completed their course of therapy. A significant proportion of my clientele come through personal referral from previous clients.

Do you offer guarantees?

I guarantee to always give you my full attention, to act with integrity and to be open with you about your therapy. I work in partnership with you, to help you achieve your goals.

My Client Charter

My core values of fairness, honesty, equality, and integrity inform my work. Client welfare is at the heart of my values.

Respect and rapport are essential to successful results; I treat each client as an individual and as my equal.

I care and I listen, but I believe that you deserve more than just being heard; the change process starts at the first paid session.

My clients are always part of the therapy process; my job is not to fix you but to empower and enable you.

I strongly believe that every client is more than their symptoms; your challenges do not define you.

I am committed to empowering my clients and will teach you techniques to use between sessions or after your course of therapy has finished.

My skills have been honed over thousands of client hours and my clients' high success rates are consistent with my experience and commitment.

For your confidence and peace of mind...

I adhere to the code of conduct of the professional associations to whom I belong. I am a Fellow of the Association for Professional Hypnosis & Psychotherapy (APHP), and an accredited member of the National Council for Hypnotherapy (NCH) and an NCH certified supervisor.

I have been covered for professional and public liability insurance through Holistic Insurance Services for the last 27 years claim-free.

I have an enhanced DBS check (Certificate No. 001733572931) and I am registered with the Information Commissioner's Office (Reference No. ZA256850).

Next steps...

If you've had enough of being bullied or held back by your self-talk and want to discover the freedom that comes from ditching that script, get in touch.

07525 012221

info@lorrainemcreight.co.uk

I'll help you to ditch the narrative that's keeping you small, fearful, stuck, or miserable, so that you can make choices based on your potential, not old, outdated patterns.

Take the first step

Book your free consultation now

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