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Hypnosis Sessions FAQ

What is Hypnosis?

It's a gentle and effective way to create long-lasting change by changing old, unhelpful beliefs, patterns, and behaviours. Connecting you to your internal resources and capabilities.

How does it work?

We all know that drinking, junk food, sugar, etc., is bad for us but we still continue to consume it right? Only because we know that something is bad for us, it doesn't make us change our actual behaviour. In order to really facilitate change, we have to work with our subconscious mind,, and that's what we do in hypnosis. We are basically 'by passing' your consciousness and the judging mind (the negative voices and thoughts and beliefs), allowing you to access the subconscious. Through positive suggestions, and through connecting and highlighting your own inner resources and capabilities, we can facilitate long-lasting change, breaking old and unhelpful habits and patterns.

Will I be unconscious in hypnosis?

No. This is a myth and its important to clarify this. You will be conscious and you can hear the therapist clearly. You will also be able to answer back if you'd be asked a question. You are absolutely in control and in charge. If needed to you can open your eyes at any time and come back. The best way to describe the trace state is a state of focusses attention or awareness while being in a relaxed state.

What is it helpful for?

Hypnosis is well researched and shows that it can relieve mental stress, reduce symptoms of anxiety, helps manage pain better, and generally improves the overall quality of life by creating a positive outlook and connecting you to your own inner resources and capabilities, helping you manage challenges and problems much better.



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What do I need to prepare for my hypnosis session?

Prior the session you will receive a client intake form via email we ask you to complete before the session. This helps the therapist to understand your current situation and also saves valuable time for the face to face booked session.

How is the hypnosis session structured?

We will start with reviewing the client intake form and then Wiebke will spend some time to really understand the representing issue and challenges you are facing. She will ask strategic questions and help uncover through those the automated unhelpful patterns. She will also explore your strengths and areas where you do well. Then you'll be guided into a trance state, a state of deep focus. This state is often described by many people as a very relaxed state. All you need to do is relax back and allow yourself to receive and be guided by her voice. After the hypnosis part there is the opportunity to share anything, you might discover. We'll discuss next steps before the session closes.

How long is one session?

The sessions are 60- 90 minutes long.

Is there a guarantee of results?

Yes! If you do all we ask you to do and your homework, then we will guarantee the results with a full refund if necessary. Also, the first 20 minutes are absolutely obligation free. If you feel it's not the right fit and you decide not to stay then you can leave, no questions asked and no strings attached.



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Will there be a follow up or any homework I have to do after the session?

Yes. We usually recommend 2-6 sessions, depending on the representing issue and where you are at. After each session you will receive the audio recording to listen to at least 4x until the next session.

I have done energy healing with you before is it similar?

Wiebke has been offering hypnotic suggestions her my healings already when asking you to relax with your breathing and offering visualisations to relax and calm. Gentle hypnotherapy is exactly like that, guiding you in a deeply relaxed state, quieten your mind, and allowing to connect to your inner resources and capabilities