Can Hypnotherapy End Bad Habits Permanently?

Doug Crowe March 28, 2016

Hypnosis may seem like a party trick used to make someone think they are a chicken, but it could actually be used to help people solve their problems...permanently.

(Newswire.net -- March 18, 2016) Vermont, South Australia -- Hypnotherapy is being used as a tool to help people overcome a wide range of issues. Board certified hypnotherapist Hugh Sadlier has been using the technique to help overcome their bad habits by tapping into their own subconscious mind. It is Sadlier's believe that there are all kinds of bad habits, whether emotional or physical, usually when a habit takes hold, it will influence us, and if it's not a good habit they want to make a change. The two most common issues that people need to have addressed with hypnotherapy are weight loss and smoking cessation. However, other problems can also be addressed through hypnotherapy. These include: addiction, anxiety, eating disorders, fears, and chronic pain.

According to Ellsworth American, Sadlier puts his clients into a state of relaxation using vocal cues, then into hypnosis—a state he describes as "altered conscious". In this state, the person is not asleep and is always in control, having the capacity of coming out of the hypnosis at any time. Once the client is under hypnosis, the conscious mind takes a backseat to the subconscious, which is more able to accept "suggestions" to remove the bad habit. Once the bad habit is released, it is replaced by a new way of thinking.

Being able to solve problems through hypnotherapy makes it easier to break bad habits and move on to a happier and healthier life.

“Our highly qualified and professional service is focused on the achievements and success of the individual in their journey to health and well-being. The techniques are safe and non-intrusive, suitable for adults and children,” says Katherine Tassioulas, the creator of the Australasian Institute of Health & Healing, which uses hypnotherapy to treat bad habits. “We support the individual’s experiences in a safe and supported environment to provide opportunities for personal growth and change for permanent result.”

“We support all elements of organizational development. Our programs are leading edge and can be tailored specifically to meet your needs,” explains Tassioulas.

Hypnotherapy is one of the most effective modes of getting rid of a bad habit. Hypnotherapy can ensure that you will not be tempted to fall back onto that bad habit. Tassioulas' company www.aihh.net, is dedicated to ensuring that you eliminate your bad habit and more. “Our professional therapy center, the Australasian Institute of Health & Healing provides effective mind and body solution therapies to assist in the well-being, vitality and health of individuals. Our Centre provide effective therapies to treat the person’s physical, emotion, mental and/or spiritual dimensions,” states Tassioulas.

With Tassioulas it's even easier to break bad habits and move on with the rest of your life.

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About AIHH

Our highly qualified and professional service is focused on the achievements and success of the individual in their journey to health and well being. The techniques are safe and non-intrusive, suitable for adults and children. Our Aim with our the corporate work that we do is to help the staff of an organization to reach their full potential in the chosen profession. We support all elements of organisational development. Our programs are leading edge and can be tailored specifically to meet your needs. By utilising a new way of thinking, we help create leading edge solutions that challenge current paradigms and position our clients for the future.

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