

## Appointments and Fees

Each consultation will last for approximately one hour.

### Fee on application

The Oakspring Natural Health Centre  
17, Melbourne Terrace  
Clevedon  
Somerset  
BS21 6HQ

email: [enquire@oakspring.co.uk](mailto:enquire@oakspring.co.uk)  
Web site: [www.oakspring.co.uk](http://www.oakspring.co.uk)  
tel: 01275 874832

**Parking:** There is plenty of nearby free parking

## The Oakspring Natural Health Centre

### Dr Peter Grainger Medical Hypnosis

Dr Grainger trained and practiced medical hypnosis whilst working in the NHS. Dr Grainger offers a novel form of hypnotherapy which involves monitoring the brain's electrical activity to ensure that the therapy becomes effective in the quickest possible time as the patient's state of awareness/consciousness is known at all times.

### Guided imagery

It is possible by using visualisation techniques, to tap into the creative sub-conscious. From this vantage point we can begin to learn to understand as well as to express each part of our nature in the most positive and healthy way and develop strengths from what have been areas of inferiority or weakness. This technique works extremely well for many conditions but especially in boosting the immune system.

### Can anyone be hypnotised?

Yes. Everyone has the ability to enter a hypnotic state if they so wish. Some people have a greater natural ability than others.

### Can I hear what is going on around me?

Yes. Hypnosis is not like being asleep you can hear surrounding noises but unless important, they can be relegated into the background and become non-intrusive.

### Can I respond to an emergency?

Yes, if something untoward occurs you can wake immediately although it is usually more comfortable to come back to the "here-and-now" more gradually under the control of the therapist.

### Will I lose control?

No. At all times you will be able to choose not to respond to the suggestions of the therapist and to come out of the hypnotic state.

### General

The mind has a tremendous influence over the body which is all too often forgotten in treating ailments. Hypnosis, in combination with guided imagery is a powerful, safe and effective therapy for many ailments both physical and mental.

### What is hypnosis?

Hypnosis is a safe, pleasant, natural state of complete bodily relaxation and is the best method of treatment for many conditions. It is an altered state of consciousness and nothing to do with sleep. This state is "trance like" and produced by responding to the directions of the therapist. It is usually accompanied by deep physical relaxation, a focussing of your attention within yourself and a corresponding reduction in awareness of your surroundings. The aim of the therapy is to help you to help yourself.

### What can hypnosis be used for?

Hypnosis can help you achieve what you want to achieve, it may be to give up smoking or any other addictive behaviour like tranquilisers, sleeping pills and alcohol, lose weight, gain more confidence.

Hypnosis can be useful in the treatment of many conditions such as chronic pain relief, phobias, post-traumatic stress disorder, irritable bowel syndrome. Reduction of the inflammatory response from burns and eczema can also benefit.

Any stress related problem such as anxiety/tension, insomnia, high blood pressure, enuresis, panic attacks, guilt, anger, jealousy and inadequacy.

Recent research has shown that hypnosis can benefit patients newly diagnosed with cancer before their cancer therapy starts making their cancer therapy more successful. Cancer and other diseases weaken the immune system. Hypnosis can be used to help strengthen the immune system. This is known as psychoneuroimmunology.

Hypnosis can help with exam, interview or driving test nerves.

Hypnosis can be used to augment conventional therapies but not necessarily replace them.

### What actually happens in hypnosis?

The induction into the hypnotic state is usually associated with physical relaxation and this is useful in cases of stress and anxiety. When in the hypnotic state you have greater access to your sub-conscious mind and any suggestions given act more powerfully and more surely than at any other time, as they go straight into the sub-conscious mind and start to exert an influence over how you feel, think and behave. You are led, by means of my guiding voice into a state where your body and mind are in a deep state of relaxation. To an onlooker it would appear that you were asleep but in fact, you will normally feel very relaxed, though awake enough to be aware. Also awake and alert will be those parts of your mind I am working with to induce beneficial changes. I will monitor your brain's activity using "state of the art equipment". This will clearly show me your state of consciousness and I will therefore be able to modify the therapy throughout the session in line with your state of consciousness ensuring that you obtain maximum benefit from the therapy