

The emotional pressure of supporting someone with a drug or alcohol issue can be immense. Sometimes the feeling can be overwhelming.

At GASPED, we understand the pain, frustration, fear, desperation, shame and guilt that are all part of the nightmare scenario of loving someone whose drug and or alcohol use is having a serious impact, not only on themselves, but on all those around them.

Our services include;

Drop-In Centres, Counselling, telephone helpline, Support Groups, training, library of books and videos, seasonal newsletters and respite.

**Come and talk to us in confidence, we will listen and understand but we will not judge.**

Wakefield      01924 787 501

*GASPED's helpline*  
**0845 146 0002**



# GASPED

*Greater Awareness and Support for Parents  
Encountering Drugs*

*Hypnotherapy*



### **What is Hypnotherapy?**

Hypnotherapy uses a range of techniques to make you more relaxed. It may help you to conquer or control the following:

- Unwanted thoughts and ideas, such as low self-esteem and obsessive thoughts
- Phobias and fears
- Panic attacks and feelings of anxiety, jealousy, guilt, anger or inadequacy
- Unwanted habits, such as smoking, over eating and nail biting
- Insomnia
- Pain Performance, eg at work or during sports

### **Treatment**

Your therapist will ask you some questions about your condition or problem and will put together a strategy for overcoming and dealing with it. You'll discuss with your therapist what it is you want to achieve, and together you'll set a realistic goal.

The number of sessions and the type of therapy you'll receive depends on your condition or problem. Often two to three sessions are sufficient. It may be necessary to keep the number of sessions to a set amount, in order to avoid reliance on the therapist.

You may be asked to do homework, to help change your perceptions and behaviour. Your own motivation and commitment are very important.

During therapy, you may experience:

- Flickering of eyelids
- Rapid eye movement (REM)
- Changing of breathing
- Feeling more relaxed
- Becoming paler or more red
- Feeling heavy or light

- Feeling lethargic
- Time distortion – 45 minutes seem like five minutes.
- Increased lacrymentation (over stimulation of water in eyes and saliva)

### **Possible complications**

Hypnosis is a gentle treatment, but affects everybody differently. You may find you suddenly become emotional during the session. Please ask your hypnotherapist for more information.

### **Recovery**

After the session you may feel more energised, calm and confident. Some patients find that they sleep better. Hypnotherapy is not a miracle cure and positive results depend on your commitment and motivation. You may notice an improvement in your condition or problem straightaway. Others may find it takes a lot longer before they notice an improvement. The number of sessions you require depends on the problem you are treating and the individual.

Here at Gaspard put therapist is also a practitioner of NLP and EFT, aspects of these therapies may also be included in your therapist will discuss this further if necessary.