How Do You Choose The Right Hypnotherapist For You?

When you choose a hypnotherapist to help you with a problem, you need to feel you can trust them and feel comfortable with them. You also need to know that you are not spending your hard earned cash with someone who may not have had the training needed to help with your particular issue.

So, how can you do this?

Well, first of all see if they are registered with an official organisation such as



Cnhc

CNHC was set up with government support to protect the public by providing a UK voluntary register of complementary therapists. CNHC's register has been approved as an Accredited Register by the Professional Standards Authority for Health and Social Care.

You can search the register here  <https://www.cnhc.org.uk/>

CNHC has checked their qualifications, because anyone can say they are a hypnotherapist.

Also check to see if they have had any specialist training in the issue you are seeking help with for instance smoking cessation or dealing with trauma, depression or weight issues.

Phone them to have a chat. You can usually tell if they are the right therapist for you within a few minutes of talking to them. Ask questions about success rates they have had with the issue you are seeking help with. One good indicator of how successful they are in their work is to check out any genuine reviews and feedback they have on their websites. Feel free to ask to see the original letters or emails. Also look for someone who offers a free 20 or 30 minute initial consultation. where you can ask questions and get an idea if you would enjoy working with the therapist.

You can also check on their knowledge by reading any articles they have written or had published..

Many of my clients come from the personal recommendations of other people I have helped So ask friends and relatives if they know of anyone who has been successfully helped by hypnotherapy and who did they go to see.

I do hope this helps you to find the right therapist for you!

Keith Travis