

Advanced Hypnotherapy

Greg Forde

Our latest Tinnitus event was held on 8th February at The Deaf Centre, as part of Tinnitus Awareness Week. Greg Forde, a local Registered Advanced Hypnotherapist joined us to share his fascination with the workings of the mind.

Greg uses advanced hypnotherapy techniques to overcome his own problems with Tinnitus. and is now able to 'turn the volume down' on the constant whistle he has in his right ear.

Gregg has been practising hypnosis since May 1967 after a light bulb moment when he realised that he 'wanted the power' that he perceived hypnotists to have.

“Change
your life by
changing
your mind”

Gregg soon learnt that he didn't have that power, and that hypnosis isn't about the power of the hypnotist over the patient. Instead, he learnt that the hypnotist 'empowers' people and shows them how to bypass the conscious mind and access the sub-conscious mind.

Greg explained that “the subconscious mind is reptilian– the survival mechanism and emotional mind. The sub-conscious mind is very powerful. It doesn't think, it just makes connections. If the subconscious mind says no then the conscious mind cannot take over. 90% of your behaviour is hypnosis - in your sub-conscious mind.”

When questioned on the success rate of hypnosis on the symptoms of tinnitus, Greg said it is 'a mixed bag'.

By teaching the person techniques for changing their sub-conscious programming, they may be able to short circuit the connections. There is not one direct approach for hypnosis when it comes to treating tinnitus. Greg works with the individual and creates a tailor-made hypnosis program for each person. His session involves looking at how to 'unhook' the emotion that drives the negative programming. A seven minute CD will be recorded for the client to take home which will continue to reinforce the outcomes of the appointment.

Greg explained that tinnitus isn't often the problem, it's how the tinnitus surfaces. If tinnitus is caused by stress or anxiety, hypnosis can be more successful. If the tinnitus is related to a physical condition, illness, or medical problem, then hypnosis may be able to reduce the volume of the tinnitus.

Contact Greg for an appointment on 0800 9701791, for general enquiries on 01945 881059 or via email on greg.hypnotherapy@gmail.com. A free initial consultation, lasting up to half an hour, is available without obligation.

