



Paul Fenton-Smith D.C.H.

Clinical Hypnotherapist and Counsellor

Paul Fenton-Smith received his diploma in clinical hypnotherapy in 1986 and has been in clinical practice since. Paul studied counselling in 1992 and has been conducting self development courses since 1985.

The author of eight books and two guided meditation CDs, Paul aims to bring tangible benefits to peoples' lives. An advocate of the value of writing for personal development (journal writing), he has designed a creative writing workshop which he conducts annually.

Appointments:

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Counselling

Counselling involves one-to-one sessions which allow room for you to explore your past and present issues. This process offers the eventual resolution of inner conflict regarding past experiences and it often enables you to live more fully in the present.

While hypnotherapy can assist with building self confidence and self worth, counselling can enable you to address unresolved issues.

Setting achievable goals and removing or changing negative behaviour patterns can also be realised through counselling.

Counselling sessions take an hour and they are usually spaced one week apart. From time to time a review of the counselling process is encouraged, to assist you to remain aware of your purpose and to check your progress.

Sometimes the experience of being heard by another person is enough to help you to realise what you need to do for resolution, while at other times specific exercises or techniques are required to facilitate resolution. This is where a trained counsellor can be of benefit.

From offering you space to grieve, to express your feelings or to think aloud, counselling can be an effective tool to redress unresolved issues.

The long term rewards of counselling can include inner peace, self confidence and a balanced view of your past and the present. Counselling requires ongoing commitment and effort, and such effort is often rewarded with an inner peace and balance desired by most of us.

What is Hypnotherapy



A Guide to
Clinical Hypnotherapy

with

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What is Hypnotherapy?

Hypnosis is a natural state, and one which we pass into and out of many times a day. It is that state we enter when we daydream, meditate or simply spend some time “lost in thought.”

We pass through hypnosis going to sleep and again upon awakening. When in the hypnotic state you are usually aware of your surroundings, of what you are doing or saying, and of what is being said to you by the hypnotherapist. Hypnosis is a useful tool for stress relief, relaxation, problem solving and for the introduction of new and positive beliefs about life.

Hypnotherapy can assist with ...

- ⊙ increasing inner strength and self-worth
- ⊙ increasing confidence
- ⊙ weight reduction
- ⊙ improved sleeping patterns
- ⊙ resolving past and present conflicts
- ⊙ goal setting (sports, business or health)
- ⊙ stress reduction
- ⊙ smoking cessation
- ⊙ improved memory recall for study and exams

Stage Hypnosis & Clinical Hypnotherapy

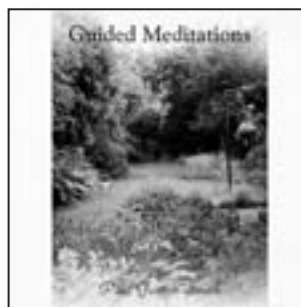
Stage hypnosis is designed to prove that hypnosis works, and although it is often entertaining, it is not the same as clinical hypnotherapy.

Clinical hypnotherapy uses hypnosis for a therapeutic purpose. It is hypnosis used to improve your life, to remove stumbling blocks or to trace the causes of events.

Regression. Hypnosis can be employed to regress you back to an incident or a situation in your past which is causing or contributing to your current behaviour patterns.

Childhood regression requires a minimum of two sessions. The first session is spent introducing you to the process in a comfortable manner, after the hypnotherapist has taken your case history details.

Each session takes an hour and sessions are usually spaced a week apart. Regression into childhood is a simple process and any incident reviewed will be easily remembered afterward. When reviewing traumatic incidents from childhood you can expect to feel strong emotions associated with the incidents. These feelings usually subside once they are experienced.

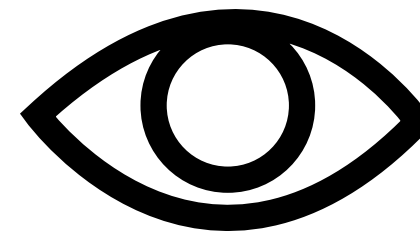


Guided Meditations CD



Guided Meditations 2 CD

Past Life Regression



Sometimes the causes of particular fears or unwanted behavioural pattern are traceable to previous lifetimes. Although most causes for such patterns are to be found in your current life, past life regression is of benefit when a problem is older than this lifetime.

During a regression into past lives you will have the chance to re-experience your death, and as your soul departs your physical body you have a chance to glimpse the lessons for you in that lifetime. This can help you to recognise any core beliefs you may have brought with you from that lifetime. All that you experience during a past life regression through hypnosis can be recalled afterward.

Hypnotherapy is unsuitable for you if you are currently on medication for depression, bipolar disorder, schizophrenia or narcolepsy. If in doubt about your medication and hypnotherapy, please consult your doctor or health professional who prescribed your medication.

Weight reduction or habit changing such as giving up smoking requires several sessions to establish new habits and to explore the underlying causes of the symptomatic behaviour.

Study techniques and improved memory recall for exams require a minimum of four sessions to be effective in improving performance.