
WHAT IS HYPNOSIS

Hypnosis is a modified state of consciousness which allows easier access to the unconscious.

Scientifically, the effectiveness of hypnosis has been recognised after many experiments. The brain activity observed in a hypnotic trance state demonstrates the activation of executive zones and thus the integration of new learning.

Our emotional states related to our learning and our memories are stored in our memory at times when our consciousness is in an altered state. Then it is very difficult to re-access this crystallised data. This is why a person can find themselves stuck in traumatic emotions or behaviour patterns that are difficult to change. During a hypnosis session, the altered state of consciousness allows access to the stored information to proceed to a re-encoding. Thus, emotional memory can recrystallise on a different interpretation, a different and more adequate learning of events, emotions and beliefs.



HOW IT WORKS

The fundamentals of Clinical hypnotherapy consist in using an altered state of consciousness for therapeutic purpose. It is about taking back charge or control that has been lost and resulting in the manifestation of the symptoms.

Through the utilisation of hypnotic trance, Anna Morandini works upon focusing on emphasising comprehensive solutions in achieving lasting change, interactively working with the whole person, eradicating underlying causes leading to unwanted attitudes, behaviours and emotions while teaching to tap into the healing capabilities and wisdom of the subconscious that holds the key to all our problems, helping achieve optimal mental, emotional, physical and spiritual well-being.

Accessing to the origin, one's emotions and thoughts will transform the individual, hence aiding in true therapeutic healing. The most effective manner in ridding a problem is by bringing it out from the subconscious roots, by entering into a hypnotic state, by passing the conscious mind. Understanding the reason behind the root cause of the problem, helps release it and replace it with an appropriate substitute with re-enforcement.



THERAPEUTIC TOOLS

Each human being is unique and it is important to have a rich and varied range of therapeutic tools to better meet each person's needs. Here you will find some relevant therapeutic tools that I use.

Cognitive Behavioural Technique

It allows to change the erroneous thoughts and beliefs that push a person in his living environment to inadequate behaviours, to feel fears and anxieties

Analytical orientation

It can shed light on current difficulties and their connection to unresolved conflicts in personal history. Whoever consults can, by this approach, gradually become aware of the influence of unconscious conflicts on his present behaviour, and thus free himself from it. Psychoanalysis brings equally enriching elements in therapeutic work.

EMDR

EMDR therapy (Eye Movement Desensitisation and Reprocessing) is a proven psychotherapeutic method particularly for the treatment of trauma. It is the only one with behavioural and cognitive therapies, the use of which has been officially recommended for the treatment of post-traumatic stress disorder by the High Authority for Health (HAS), which has been involved in the validation of clinical care, since June 2007.

