

HYPNOTHERAPY SUPPORT THAT WON'T DRIVE YOU THINSANE

A step-by-step guide on how to find and work with a qualified hypnotherapist who can help you with movement, food and body image challenges without harming.

1. Go for a psychologist.

While there are many qualified hypnotherapists who aren't psychologists, I prefer to go with a psychologist. Hypnotherapy is deregulated in Australia, meaning that the governing bodies have no real power over who calls themselves hypnotherapists and how they practise. With a psychologist you can be confident that they are bound by the ethics of psychologist's professional practice guidelines, including when practising hypnotic techniques. Here's how to find one:

- (a) Go to the Australian Psychological Society's Find A Psychologist™ service: www.psychology.org.au/find-a-psychologist.
- (b) Under 'issues' check 'weight management' and put a distance of at least 10 km from your location (you may have to travel for the right person, but it will be worth it!).
- (c) Once the list comes up go to 'refine results' and under 'interventions' click 'clinical hypnotherapy'. Now you have a list of potential hypnotizers!

2. Check them out.

Feel is really important with a hypnotherapist, so make a short list of people who you feel may be able to help. Research your short list. Check their websites and Google reviews. Explore whether they show some understanding of principles we've been talking about in [Thinsanity](#). Once you're satisfied, call your top pick.

3. Test the waters.

While some psychologist-hypnotherapists may be willing to have a chat with you first, some may not*. In this case, you may have to book an appointment with your potential hypnotherapist. In the first appointment you're probably not going to do any hypnosis, so you can get a feel for the person and let them get a feel for you. See if they can provide non-diet hypnotic suggestions, do hypnotherapy by request and decide on a topic to work on hypnotically next time. For some people, doing hypnotherapy is a little daunting, but if you're uncomfortable you can stop at any time – your hypnotherapist is totally prepared for that.

4. Learn the dance.

Hypnotherapy is like a dance you and the hypnotherapist do together. As you work together, they will get better at hypnotising you and you will get better at being hypnotised. While it is a brief therapy with quick and lasting results, continue with sessions until you feel that you've got everything you can out of it.

*I, for example, don't talk people through hypnotherapy with me before they come in. Potential clients can watch my YouTube video on hypnotherapy (www.weightmanagementpsychology.com.au/episode-7) but have to book an appointment with me to ask more.