

COGNITIVE BEHAVIOURAL HYPNOTHERAPY (HYPNO-CBT®)



What's Hypno-CBT®?

Hypno-CBT® combines Cognitive Behavioural Therapy (CBT) with hypnosis, giving us tools to manage & overcome daily challenges, stress & feelings of anxiety; it helps adapt the way we think & behave.

Cognitive Behavioural Hypnotherapy focuses on our ability to change, through altering how we think, feel & behave around certain situations. When we add hypnosis, we're able to access a place in our minds in which we are more able to accept positive direction & suggestion.

Hypno-CBT® is goal-based: positive change + plus treatment plan = GROWTH.

LEARN MORE:

WHAT'S HYPNO-CBT®?

WHAT WE ASK OURSELVES WITHIN HYPNO-CBT®:

AFFIRMATIONS

JOURNAL PROMPTS & 'STUCKNESS'



What we ask ourselves within Hypno-CBT®:

- What's the problem? What's maintaining it? Treatment goals?
- Any unhelpful thoughts or self-talk? Can cognitive restructuring adapt them?
- Are there unhelpful beliefs? Can we dispute them, create alternatives & use hypnotherapy to replace these beliefs (& maintain wellness)?
- Can self hypnosis (meditation, auto-suggestion etc) be used for self development? Read more: arrivetherapy.co.uk/hypno-cbt-blog

Sometimes we work with new, more rational affirmations - what's yours? (E.g. "I am enough.")

Journal prompts

Writing things down helps us express our thoughts, confront difficult emotions, & problem-solve challenges.

Sit with pen & paper, close your eyes & settle. When ready, open your eyes & write:

- How do I speak to myself? So many of us are our biggest critics. Am I kind to myself?
- What do I avoid in life? People? Places? Things? I wonder why...
- What three things am I grateful for today?

Stuckness

If I'm 'stuck', let's check:

- Do I think more about the past & future than present?
- Do I know my own values?
- Do I know and like my 'self'?
- Am I a slave to my self talk - how true are my thoughts?
- Do I live by negative beliefs?