

Introduction to the *Hypnosis To Go Info* series

As someone who is interested in the benefits of hypnotherapy, you want up-to-date information from leading practitioners.

These notes are written by London hypnotherapist Deborah Marshall-Warren, who has helped hundreds of clients through hypnotherapy to polish their inner jewels and to be their brightest and best.

Deborah has published three books, numerous magazine articles, and has appeared on television and radio, and given countless talks to people who seek to understand more about hypnotherapy.

As Emeritus Fellow, and deputy Chair, of the Hypnotherapy Society in the UK, she is highly respected for her work in promoting a better public understanding of contemporary hypnotherapy.

Information Sheet no. 1

Interactive hypnotherapy for emotional eating and weight loss

- "I pick constantly during the day. I would rather eat a bar of chocolate and a packet of crisps."
- "I cannot eat things in moderation."
- "For no reason, I'm just drawn to it. Picking all through the day. It can get really bad. Feel guilty after I've done it."
- "I have so much anger and sadness inside me. I'm sick and tired of feeling desperate. I've put on so much weight."
- "Food is comfort after a stressful day. I associate it with relaxation – something to do with helping me relax. Hunger makes me feel stressed. The feeling of a full stomach is relaxing."

Two emotions that love to eat are *Anger* and *Guilt*. Boredom is another. And, however much they eat they never feel full. The person carrying this emotional weight never feels full-filled.

You begin to take control when you start to question why. Why do I eat so much? It's not necessarily that you eat too much of the 'bad stuff'. In fact, you might not be eating the bad stuff at all. You may be eating too much of the nutritional good stuff. The problem is simply that you just cannot stop eating. Alternatively, in some cases, *Anger* may do the opposite: she may refuse to eat at all.



Guilt may drink excessive amounts of alcohol or take drugs until she is out of your mind. Your inner judge may engage you in dialogue at any time of day or night, making its judgements and bringing forward the inner voices that express worry, fear, anxiety, guilt, or regret. Those voices can lead to insomnia, as they do not need sleep. They are players who play on your mind, and can imprison you with their chains of words. They can prevent you from getting on with your life in a way that honours who you truly are.

Sometimes *Anger* and *Guilt* are so afraid, and so ashamed of what they might do if they were ever to be unleashed — that each of them can cause you much unease and so, indirectly, dis-ease.

The state of hypnosis is an altered state of awareness. It is not a state of sleep. Hypnosis is a way to reach a delicious state of relaxation, a state in which time passes very quickly. You may find it quite incredible to learn that you have been in this relaxed state for an hour or more. An hour in hypnosis is, in a sense, equivalent to a couple of hours of sleep, in so far as one awakens from the relaxation feeling rested, rejuvenated and mentally cleansed. Certainly, clients often report feeling lighter, after dissolving and eliminating whatever energy-eating emotion they had come to deal with.

Nature is very simple, and very economical. The mind is a great abstracter, and handles analogies and metaphors as easily as the heart beats or the lungs breathe. For example, a gap in your life symbolically matches an empty feeling in your stomach. Your unconscious mind latches onto an empty feeling in your stomach as the perfect metaphorical expression of the emotional. So you stuff yourself with food to end the endless craving. But it doesn't go away because it fails to address what the feeling was really all about in the first place. If you had an awareness of where this empty feeling was coming from, you would not have this need to over-eat in a vain attempt to fill the gap.

Where psychological problems have come from is often very simple. Something bad happened in childhood or adolescence and you are half-remembering it. This is the reason why hypnotherapy can be so effective so quickly. Your subconscious mind is not waging a conspiracy against you. It is actually very dumb, and has got its wires crossed. If we were dealing with



complicated malfunctions of the mind, we could not fix things in three to five sessions of hypnotherapy.

Each and every session is complete in itself, comprising a beginning, a middle, and a generally happy and liberating end. And miracles do happen. Sometimes one session is all it takes. The outcome can be anything from gradual incremental change to instant transformation.

Hypnotherapy is a way to lift the bonnet of the inner engine, to give yourself a fuel change — to let go of any residual low-octane fuel, so that you can live a higher-performance life, and a more emotionally comfortable life. Yes, you may know about the original trigger event. But, what you may not know is how that event is fuelling your 'picking', 'grazing', 'overeating' reactions and responses in the here and now.

The surprises in a hypnotherapeutic session are quite often the 'links' and the 'connections' between the situations, circumstances, and original trigger events that are revealed to be underlying the problem. These are the surprises and, as such, can lead you to reflections at the end of the session, such as: "But ... I *knew* all about that happening. Yet, I'd no idea that it was affecting me in this way." It seems that your subconscious mind will alert you to what you are ready and open to receive.

Therapy and counselling have for years provided long-term answers. For many, it has offered a long-term commitment to a contract — a contract lasting anything from six weeks to six months, and sometimes years — once, twice or even three times a week. After completing that long-term contract, you may have ended your therapy with understanding — but no change, no transformation, and sometimes even feeling worse.

Talking can help, but it can do that without actually changing you. At worst, it indulges you, if it goes on beyond what is worthwhile. Bright and intelligent people can talk endlessly, without the subconscious getting a word in edgeways.

Hypnotherapy engages and supports you in gaining access to a deeper wisdom – to magical, and often immediate, effect. Interactive hypnotherapy helps you to go directly to the specific script that is influencing your



experience of picking. To open it, and edit it. It is like having access to a storehouse of memorabilia.

You can go directly to discover why now you cannot resist finishing a packet of biscuits. You discover that you made a vow, a promise to yourself back in childhood.

“My sister is with me, and she is giving me and my other sister the biscuits. We’re only allowed two biscuits and she has more. We are only supposed to have two. When I am older I am going to buy loads and loads of biscuits and know one will be able to stop me eating them.” And on reflection...“I thought she [the sister] was being mean. When I was older I decided that I would eat anything I liked.”

You can go directly to the eleven-year-old longing for food the whole time. You can gain clarity and understanding of why, as an adult, you always go to the fridge when you come home from a stressful day at work. “My mother has a big cake tin. I always go to the cake tin when I come home from school. It is comforting to have the sweet cake in my mouth.” You come to re-educate yourself. The fridge has transplanted the cake tin. You can re-visit the associated link that food equals comfort. You can make yourself feel good and comforted in other ways.

You can go directly to the fourteenth year, to the teenager humiliated when her Father said she was overweight. Fear of putting on weight now causes you to eat and then throw up.

You can go directly to your thirty-seventh year, when you were almost tempted into an affair. You acknowledge the long term guilt you have carried from a near miss. Guilt spends her day ‘picking’ away at you. “He tried to make me unfaithful, and I nearly was. I’ve put weight on to make myself unattractive, in case I meet him.”

You can go directly to your forty-fifth year when you discovered your husband was having an affair, and to realise how then you made a pact to eat yourself big to punish him.



Of course you may say that you knew about each and every one of those events. Yes, you did. What the fast-track therapies give you is a fresh insight and understanding as to what really happened. Constructively and positively you discover new perspectives, and greater truths.

With this new clarity and understanding comes freedom from the feelings of 'guilt' or 'anger' or 'shame'. As you let go of the 'emotional weight', the physical weight begins to leave the body. "I feel lighter and I've escaped something."

"I don't really know how, or why ... but yes, I felt it straight away. I felt like I wanted to put on different clothes — more confident clothes — to show people I'm more confident. It was like — I'm fine. I don't have to hide behind excess weight."

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Other Whole-Being resources

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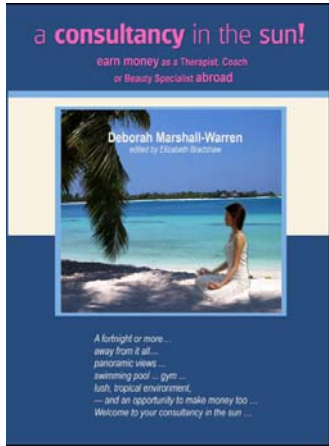
Inner-Team Building and Regression practitioners' training with Deborah Marshall-Warren is the next step in upgrading your hypnotherapeutic skills – from direct suggestion to the more effective technique of interactive hypnotherapy, which harnesses the full 'bandwidth' of hypnosis as a therapeutic modality.



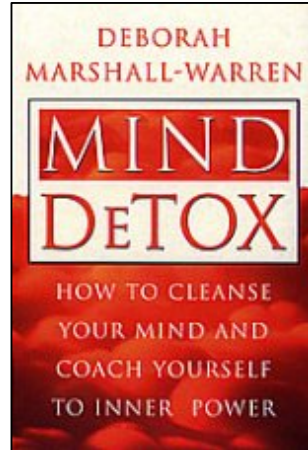
5-day practitioner training with Deborah Marshall-Warren on the Mediterranean island of Malta. This opportunity offers CPD (Continuing Personal Development) acknowledgement, and an opportunity to work under accredited supervision within the Hypnotherapy Society (UK). The course promises the present of presence, with small group tuition assured. The fee includes comprehensive course resources, and light refreshments throughout the day.



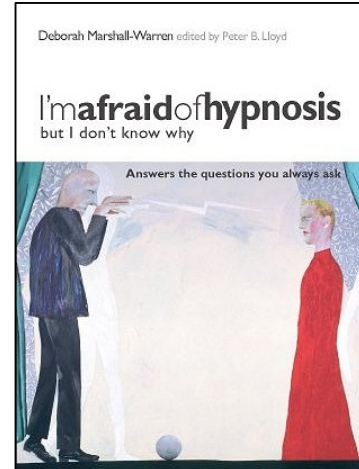
Lunch may be enjoyed along the waterfront very close by. Dinner is included on the final night. Accommodation can be offered to 4 delegates (two sharing ensuite) for an extra £115.00 for 7 nights. Other options can be advised.



A Consultancy in the Sun!
book by Deborah Marshall-Warren – all you need to know, and all the inspiration you need to work as a therapist in the exotic global village.



Mind Detox
book & audiotape by Deborah Marshall-Warren. The classic original, introducing Deborah's distinctive style of hypnotherapy.



I'm Afraid of Hypnosis - But I Don't Know Why
book by Deborah Marshall-Warren. A penetrating and thoughtful study of hypnosis, both in therapy and in the wider world.



Three exotic relaxation and therapeutic CDs

Written and recorded by Deborah Marshall-Warren. As a visiting hypnotherapist at the world-class spa Chiva-Som International Health Resort, Deborah Marshall-Warren recorded three amazing CDs, which capture beautifully the sense of serenity and exquisite beauty of Thailand. She harnesses these exotic qualities in three expertly crafted self-hypnosis CDs

- CD 1: Food Choices for Health**
- CD 2: Health and Well-Being for Life,**
- CD 3: An End to Smoking!**