HYPNO TO GO
INFO
No. 2

Hypnosis-to-Go Web Information Sheets
by Deborah Marshall-Warren

Whole-Being Hypnotherapy
www.marshall-warren.com

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 of the Hypnotherapy Society in the UK, she is highly respected for her work in promoting a better public understanding of hypnotherapy.

Information Sheet no. 2

Interactive hypnotherapy and body image

Distorted body image

Body image can be 'contorted' and mixed up in the most incredible of ways. What follows are examples of conversational expressions heard, or overheard, by vulnerable and sensitive young people who held on to these words. Each has been derived from case notes over the years. Some may be meaningful for you and others not. Allow them to simply serve as examples of how, by reconciling experiences such as these, one can begin to let go of the 'emotional weight' attached to the experience and the feelings engendered at the time, and so understand the roots of our mis-aligned thoughts and thinking with respect to our body shape and size. We can begin to move toward a more loving acceptance and ownership of our bodies with a more positive and more relaxed state of mind.

Overhearing a respected adult comparing you with a sibling.

A parent, or other respected grown-up, may have compared you adversely to a brother or sister. "Mary isn't as pretty as Susan." Or "Mary got the brains and Susan certainly gained more in the looks department..." Conversations of this type spoken in front of the young self – as though the child was not there – potentially are absorbed by the 'sponge-like' child … and accepted … until such time a person chooses to find a way to overwrite the 'negative programming' embedded from the past. Words spoken – often off the cuff and thoughtlessly – go directly to the subconscious mind. Many a time I have

received as clients women who have come for interactive hypnotherapy sessions to gain confidence and self esteem. Not infrequently the woman will go back to a specific and influencing event such as this. In hypnosis the young self will declare "I am ugly." And I will respond. "For what reason do you think you are ugly little one?" in hushed deferential tones. The young self will continue along the lines of "My mother's best friend Paula said ..."

In interactive hypnotherapy you can go directly to the key influencing event. I ask you, the client, to bring the adult self to the young child, declaring with awe and wonderment "And what do you think about this older you?" "She's beautiful, or pretty, or nice." The little one will declare. The event is immediately reconciled and healed. Miraculously time and time again this is the case. The eleven-year-old 'ugly duckling' can meet her beautiful and successful 'swan'. She will be amazed, delighted, and so happy to discover her.

Hypnotherapy can give you a sense of enlightenment and surprisingly immediate links with past and present personal circumstances. You gain accurate clarity, and understanding about what really happened. It can help foster another perspective.

First day of menstruation

Within the hypnosis, you can reassure and assuage the fear and shock of, the emerging young woman within you, and speak to any peers or others who may have contributed to confusion on the first day you experienced menstruation.

Pregnancy terminations

Termination of pregnancy can linger in the subconscious mind and surface as an unexplained sense of shame, or blushing, or lack of sexual confidence. And to your inner seventeen-year-old, you can reassure her that she made the right decision at the time, and that if she had not made that decision then, she may not have been able to step through the doors which have opened for her now — be it a job, an opportunity, or a relationship. After the grieving, the way is open for the seventeen-year-old you to begin to grow up into her successful future, and for you to move forward into the future, free from looking forever

at the past. With this new clarity and understanding comes freedom from the feelings of 'shame'. So the symptoms of blushing, which until now had unconsciously been fuelled by 'shame', will become less and less, and indeed may immediately disappear.

Remarks by a father to an emerging young woman

Generally these are along the lines of "losing some weight." Often times the young woman was, for her age, a healthy size and shape — but the hurt of receiving body-criticism from such a pivotal male in her life is wounding. Women then eat to feed the wound.

Struggling to match and mirror the weight of a slim mother

A mother who figures as a slim and elegant role model may want her daughter to be as 'attractively' slender as herself. Hence the mother is regularly on the daughter's case to slim. I once had a client whose (adoptive) mother (a Parisian) had taken her to a child psychiatrist aged twelve with regard to her eating too much. The child psychiatrist said to the young girl, "You are like a whale." This sentence, said by an authority figure in the medical realm, went directly to the young and sensitive child's subconscious mind. She continued to act upon the command. As an adolescent, and a woman she continued to eat more and more. She became that sentence. She became a whale. This particular client also became bulimic. In hypnosis, working together with me, my client literally and metaphorically 'released' the whale. My client set the whale free and watched her swim away. This was a first giant step to freeing herself from the habit of bulimia. Much more followed. Her mother's entrenched and perfectionist views on beauty and style had affected her in many other ways.

With interactive hypnotherapy you can go to the key years and discover the influencing figures and events. In hypnosis you can then reconcile and heal them. Safely, and empowered, with your present, older self together with a wise-being (or mentor) by your side, you can feel fully supported to speak to the Father, the Mother, the Teacher or whoever it was, and hear them speak to you. Oftentimes they will apologise. They may well say, that they are so sorry, not fully realising how what they said affected you so very much. They may tell you they love you exactly as you are. And so on.

So you can go directly to the thirteenth year, to the teenager humiliated, and feeling dirty when she discovered she was bleeding. You can go directly to your seventeenth year to the young woman who submitted to a termination, and to this day has experienced a sense of guilt and shame and blushes for 'no apparent reason at all'.

Of course a client may say that she knew about each and every one of those events. What she may not have known is how a particular event has been impacting on her life and her feelings about her own self image to this point.

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Other Whole-Being resources

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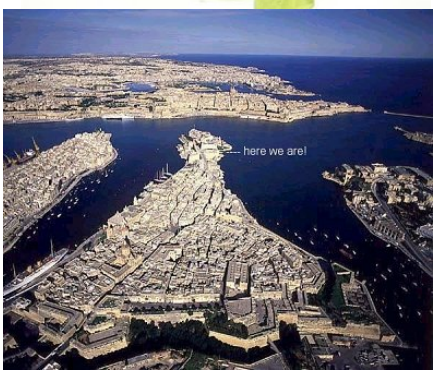
Inner-Team Building and Regression practitioners' training with Deborah Marshall-Warren is the next step in upgrading your hypnotherapeutic skills – from direct suggestion to the more effective technique of interactive hypnotherapy, which harnesses the full 'bandwidth' of hypnosis as a therapeutic modality.

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.

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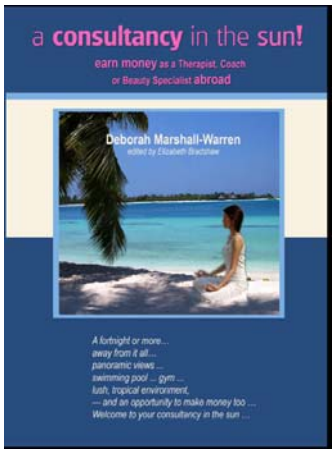
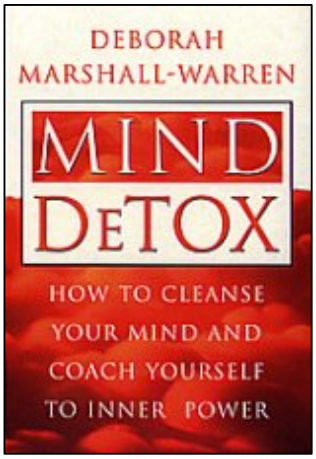
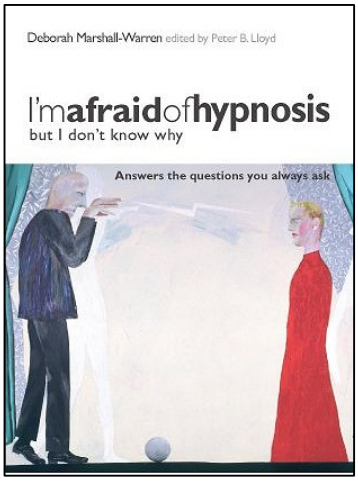


A Consultancy in the Sun!
book by Deborah Marshall-Warren – all you need to know, and all the inspiration you need to work as a therapist in the exotic global village.



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!