

Addressing fears through hypnosis

DEBORAH MARSHALL-WARREN, a hypnotherapist, who has been running her own private practice *Whole Being Interactive Hypnotherapy* for eight years, will be hosting a series of hypnotherapy workshops in her house of character in Zabbar. "My intention is to teach the Maltese people to work with hypnosis," she told *The Sunday Times*.

Mrs Marshall-Warren was a teacher of 16-19-year-olds at the Barking and Dagenham College of Further Education, in East London. A growing interest in writing with an educational context drove her to develop a freelance role as a designer of interactional instructional materials for corporations in the United Kingdom.

Having met Anthony Robbins, an American motivational coach she began to develop an interest in the power of language and how it affects not only one's mental but also one's spiritual and physical being. "I live by my intuition. If you listen to your inner wisdom it doesn't make mistakes."

In 1995 she obtained a diploma in hypnotherapy from Austin Associates in London and also did some training at the America Anthony Robbins Foundation, of San Diego, California. She is an Emeritus Fellow of the Hypnotherapy Society and a Fellow of the Royal Society for the Promotion of Health. She is also a hypnotherapy adviser for *Here's Health* magazine, which is published by Emap of Hampstead Road, London.

An accredited a supervisor of the Hypnotherapy Society, Mrs Marshall-Warren has treated people of all ages. "I have worked with a number of professionals wishing to enhance their self-confidence and self-esteem. The youngest I have worked with was 10 years old. Children have an extraordinary imagination which is very important during hypnosis."

"Grief is a very natural human emotion and people can get stuck in that tunnel which leads to depression. With interactive hypnotherapy you can help a person back into the light," she said.

During a session one is accessing a deeper wisdom and a certain level of relaxation which is normally achieved

through meditation. This can enable one to gain clarity and understanding of one's emotions.

Mrs Marshall-Warren explained how during a session the first few minutes is used to talk about what the person would like to achieve with hypnotherapy. "I listen to the vocabulary, phrases and sentences because through language one can really learn about the state of people". The person is then gently guided into a state of relaxation and meditation.

Interactive hypnotherapy goes directly to the root of a particular problem, whether it is a phobia or habit. Mrs Marshall-Warren explained that even people with weight problems and blushing have benefited from hypnosis. "All a person needs is the clarity and understanding of what is going on, a fear is often a fear of the unknown," she said.

To promote hypnosis as a means of deeper wisdom and understanding, she has written *Mind Detox*, published by Thorsons in 1999, and *I'm Afraid of Hypnosis, But I Don't Know Why*, which was published last March. She has also written articles in a number of publications in the UK. "Hypnotherapy does not mean that a person loses control of his actions. One does not do anything beyond one's personal moral value system."

She believes that the level of relaxation during hypnosis can help one let go of negative feelings absorbed in the past, replacing them with thoughts and feelings which reflect the best in a person's life.

According to Mrs Marshall-Warren, hypnosis is a state of trance, an altered state of awareness and not a form of sleep, as many people believe. It is important for a person to remember what happens during a session in order for the information to be taken forward to the next session.

"I address the subconscious mind. It is a sort of journey during which the client is fully participating, enabling him/her to be heard and freed."

Mrs Marshall-Warren also highlighted the fact that there is a great difference between stage hypnosis and interactive hypnotherapy. "A stage hypnotist selects those he works with. An interactive hypnotherapist works

with everyone, some may take longer and may need more than one session to relax while others may do otherwise."

People have to attend a session with an open mind and a desire to change. "Personal will and desire is important. There are no guarantees but hypnosis has worked."

"I really believe with a passion in hypnosis. When I was in Malta a year ago the people began to show an interest in hypnotherapy. I was very curious why so many people were on medication for issues such as depression. Hypnosis can help people reduce medication, in consultation with their doctor, of course."

Mrs Marshall-Warren will be holding a series of introductory



Hypnotherapy combines a deep state of relaxation with therapy to promote lasting personal transformation, change and development. GABRIELLA GUSMAN talks to Deborah Marshall-Warren, a hypnotherapist who wishes to introduce the practice to Malta.

courses in Malta on December 6, 7 and 13. These workshops will be dealing with personal development, self-fulfilment, well-being and confidence, providing the provisional tools to introduce, experience, develop and apply direct suggested hypnosis and guided visualisation techniques.

"The main qualifications is for one

to attend with an open mind and a positive attitude," she explained.

The series of hypnotherapy workshops are to be held at 14/15 Biċċieni Alley (off Main Street), Zabbar, ZBR03.

Those wishing to apply are to contact Mrs Marshall-Warren on 2180-5944 or 7927-611 or by e-mail: apointments@marshall-warren.com.

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