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EXCLUSIVE

Mel B

'I was so foul to Mel C'

EXCLUSIVE

Kylie's big decision:



Career or love life

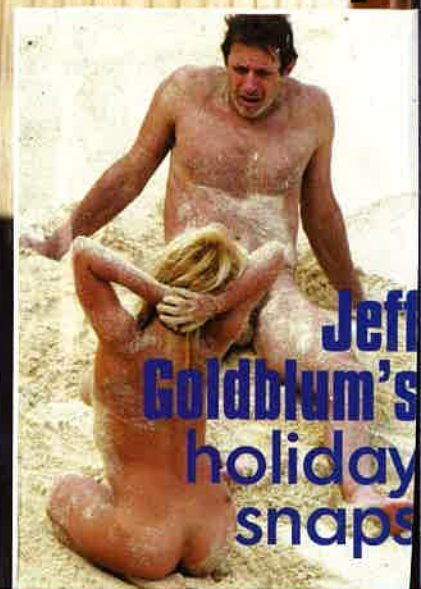
She flees to Australia to make her mind up

Wen Stefani
weds



Celebrity Fit Club

How these tubbies lost 15st



Jeff Goldblum's holiday snaps

mind and body

Hypnosis

the therapy
celebs swear by

What is HYPNOTHERAPY?

Hypnotherapy involves being put into a state of deep relaxation, then guided by a trained therapist to sense yourself becoming healthier, more confident or less scared of certain things.

Many of us will believe we've never been this entranced while awake before, but if you've ever drifted off while thinking about someone or imagined you're somewhere else while reading a book, then you'll have some idea of the state of consciousness you'd be in if you were hypnotised.

WHAT CAN IT BE USED FOR?

This specialist treatment can be used for a wide range of issues, ranging from phobias, depression and stopping smoking to weight loss, insomnia and excessive sweating.

Hypnotherapist Deborah Marshall-Warren, author of *Mind Detox*, says: 'People come to me for all manner of things, from nail biting and blushing to phobias of green vegetables.'

WHO CAN IT HELP?

Hypnotherapy can be of use to anyone who wants help, regardless of occupation, age or gender. 'Most of my clients are

Geri Halliwell found it helped her beat stage fright after the Spice Girls split and Tara Palmer-Tomkinson used it to try to get over her fear of snakes. Could hypnotherapy help you too?

ordinary people,' says Deborah. 'I've helped someone as young as 10 and my oldest client is 77.'

People often seek her help when their problem starts affecting their life in a significant way, she says. 'I had one woman who worked on the 10th floor of an office block and couldn't bear to get into a lift, so she'd walk up the stairs, seeing it as a form of exercise. But when they were moving to the 27th floor, she realised she really had to do something about it.'

Others come for their family's sake – one of Deborah's clients had a habit of scratching the side of his nose and, when his young son started to do the same, he thought it was time to seek help.

If you need help to overcome a phobia, kick an unwanted habit, gain more confidence or even be calm enough to take a driving test, hypnotherapy could help.

WHAT HAPPENS DURING A SESSION?

You'll start off by having an informal chat with the hypnotherapist. They'll find out more about your problem and then explain how the therapy might help you to overcome it.

The next stage is hypnosis where, using a gentle, guiding voice, the therapist will put you into a state where your mind and body are incredibly relaxed. Although this is a state of 'special sleep', you'll be awake enough to be aware of your surroundings. The part of your mind that the therapist is working with – your subconscious – is also awake and the session is interactive.

You'll be alert enough to be able to picture things that are being talked about and to reply to questions. You're then gently brought back to your full waking state, so you can discuss the experience. The therapist is merely helping you to tap into your hidden power to achieve the things you haven't been able to so far. Much of the time you'll feel like you're daydreaming.

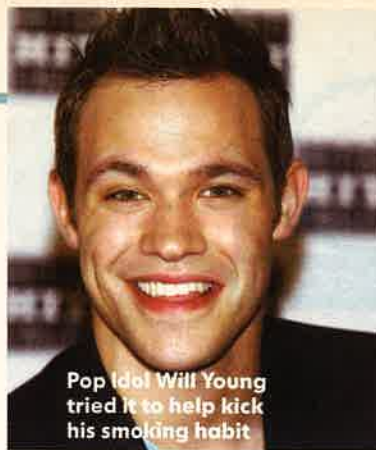
DOES IT ALWAYS HAPPEN IN PUBLIC ON A STAGE?

Some hypnotists choose to use it as a form of entertainment – Paul McKenna does both public and private sessions. But many therapists believe this trivialises a serious profession and insist that all their consultations are private and confidential.

Another myth is that you'll be sent into a trance and won't remember anything about it. 'People often come to me thinking I'm going to swing a watch on a chain, send them



Paul McKenna helped Tara Palmer-Tomkinson lessen her fear of snakes and spiders



Pop Idol Will Young tried it to help kick his smoking habit



Geri used it to boost her confidence on stage after going solo

Celebrities who've tried it...

into a trance and make them do things they don't want to do, like act like a chicken,' admits Deborah. 'But this isn't the case – they certainly won't do anything they don't want to.'

With responsible hypnotherapy, you remember everything that happens in the session. 'What I do is help people to tap into their subconscious, to find out what's really worrying them,' Deborah explains. 'But the whole time, they can hear me, can hear their own responses to what I'm saying and will remember the gist of everything they say.'

WHY TRY IT?

If you have issues from your childhood that you feel are hindering you in your adult

life (such as a fear of spiders), psychotherapy or counselling is one recommended treatment option. But that type of therapy can take several years to work.

'A lot of what I do is fast-track psychotherapy,' Deborah says. 'With psychotherapy, you talk for hours about the pain of childhood, but you aren't necessarily changing it. You can also make excuses for your problem and actually avoid confronting it. But in a total state of relaxation, I get straight to the heart of the matter.'

Hypnotherapy works on the principle that we are given 'labels' in certain situations (for example, overhearing as children that we weren't as intelligent as our sibling) and that, through hypnotherapy, you can design your own labels and see yourself

differently. 'Some of our labels don't hold us back, but others definitely do,' Deborah says.

HOW MUCH DOES IT COST?

Prices vary across the UK, but a 90-minute session with Deborah costs £120. Most people need three to five sessions, although some achieve remarkable results after just a couple.

FURTHER INFORMATION

Deborah Marshall-Warren can be contacted on 020-7432 0307 or visit www.marshall-warren.com. Mind Detox (HarperCollins, book £8.99, tape £6.99).

To find a hypnotherapist, contact Hypnotherapy Society at www.hypnotherapysociety.com or call 0845 6024585. ■

Martha Roberts

'I jumped into a pool fully clothed because I saw a wasp'



Jo Atkinson, 25, an advertising account executive from Wanstead, East London, used hypnosis to finally beat her serious phobia.

'I've been scared of wasps since I was about 13. I think I got it from my mum – she was stung in the mouth by one

as a child and was petrified of them from that moment on. If one's anywhere near me, I scream and run. Either that or I freeze and cover my eyes and ears until someone's reassured me that it's gone.

'When I was 19, on holiday in Lanzarote, I jumped into a swimming pool fully-clothed because a wasp was attracted to a can of fizzy drink I had.

'I've wanted to get rid of this phobia for a while, so when someone suggested hypnotherapy, I was up for giving it a go. But part of me was sceptical.

'Hypnotherapist Deborah Marshall-Warren asked me to lie back and imagine things to help me relax, like being a shell falling through water. It was like being in deep sleep, but aware of what was going on – I could still hear my stomach rumbling!

'Amazingly, she helped me

retrieve some childhood memories I'd totally forgotten: a friend of mine trapped wasps in jars in the garden and I could hear them buzzing angrily, trying to get out.

'She got me to imagine an older, wiser person (my gran) rationalising the situation and telling the "younger" Jo that it was nothing to worry about, to play with something else. She helped me control the fear and put it in perspective. Later, I felt very calm and confident.

'Just a couple of days later, I was sitting in the garden and two wasps flew up to me. For the first time, rather than screaming and hiding my face, I just sat there. One even flew close to my arm and I just calmly brushed it away. My boyfriend Ade was sitting there saying: "I can't believe it. You're cured!"

'I'm a total convert to hypnotherapy.'