

Hypnotherapy FAQs

If you're new to hypnosis, it's natural to have questions. Many people wonder what it feels like, how it works, and whether they'll still be in control. Hypnotherapy is a gentle, collaborative process—and understanding what to expect can help you feel at ease. Below are answers to some of the most common questions clients ask.

Is hypnosis something unusual?

Not at all! Hypnosis is a natural state your mind moves in and out of every day. When you get lost in a good book, daydream, or drive on “autopilot,” you're in a light hypnotic state. Clinical hypnosis simply guides you into that state on purpose to support healing and change.

How is clinical hypnosis different from stage hypnosis?

Stage hypnosis is designed for entertainment, often making it look like people are “under someone's control.” Clinical hypnosis is completely different—it's a safe, therapeutic process focused on your well-being. You're always in charge.

Who really has the power in hypnosis?

You do. Hypnosis works because you allow yourself to focus and accept suggestions that feel right for you. The therapist is just a guide or facilitator—you hold the ability to enter hypnosis and to use it for your benefit.

Can someone make me do something I don't want to do?

No. You cannot be forced to do anything against your values or beliefs. Hypnosis is not a truth serum, and you won't reveal secrets or do anything you find objectionable.

What does hypnosis feel like?

Most people describe it as deeply relaxing and pleasant. It's a state of calm, effortless attention and focused imagination—like controlled daydreaming. If the therapist says anything that doesn't fit for you, you can ignore it, adjust it, or replace it with something more helpful.

Regression Hypnotherapy FAQs

Do I have to relive painful memories?

Not at all. The goal isn't to re-experience the pain but to safely explore and release it. Your therapist will guide you in a way that helps you gain insight and healing without feeling overwhelmed.

What if I have a strong emotional reaction?

It's possible to experience what's called an *abreaction*—an emotional release such as crying, shaking, or expressing anger or sadness. While this can feel intense in the moment, it's a natural part of healing. Strong emotions may feel overwhelming at first, but they are actually a sign that your mind and body are letting go of what no longer serves you. Your therapist will support you every step of the way so you feel safe, grounded, and cared for.

Can regression create false memories?

Memories that surface in hypnosis may be symbolic, emotional, or mixed with imagination. The purpose of regression hypnotherapy isn't to verify exact details of the past, but to work with the feelings and beliefs that come up. Whether the memory is literal or symbolic, your mind is giving you what you need in order to heal. Your therapist will help you focus on the meaning and emotional release—not on “fact-checking” the past.

How many sessions will I need?

It varies for each person. Some people experience powerful shifts in just a few sessions, while others benefit from a longer process. Together, you and your therapist will decide what feels right for your goals.

Is it safe?

Yes. When guided by a trained professional, regression hypnotherapy is a safe and supportive process designed to help you heal gently and effectively.