



What is hypnosis?

Hypnosis is a state of natural deep, relaxation and concentration. It helps you to use the power of your mind and your creative imagination to find new ways of dealing with problems and to alter unwanted patterns of behaviour.

The hypnotic state enables you to access the ability of the subconscious mind to resolve deeply rooted issues.

AHA Hypnotherapists can help you:

Manage stress: prolonged excess stress can cause headaches, anxiety, and ulcers. Hypnosis has a proven track record in reducing stress and anxiety.

Control habits: using hypnosis you can eliminate or control smoking, excess drinking, problem gambling and nail biting.

Hypnosis is recognised by the medical profession, as a useful and powerful complimentary therapy.

- In 1955 the *British Medical Association* issued a report stating that hypnosis is a valuable medical tool.
- In 1958 the *American Medical Association* recognised hypnosis as a viable scientific modality.
- In 1962 the *American Psychiatric Association* recognised that hypnosis is a viable modality to treat some psychological problems.

Manage weight: hypnosis can change your unhealthy eating habits and motivate you to exercise appropriately.

Enhance your performance: eliminate public speaking anxiety, improve your sports performance, get motivated and overcome procrastination by using hypnosis.

Overcome trauma: overcome panic attacks, phobias and fears.

Manage pain: hypnosis is a proven pain management tool.

Irritable Bowel Syndrome: studies have shown that hypnosis is an effective treatment for IBS.

Children: help your children overcome bed-wetting, nightmares, learning difficulties and more.

Learn: self-hypnosis and relaxation skills.

Hypnosis is a natural, drug free yet powerful way of dealing with problems. Supported by clinical research, it provides a rapid, personalised and permanent solution to many health issues. To find out more call our information line 1300 55 22 54 or visit our website.

Australian Hypnotherapists' Association

The Peak Body For
Hypnotherapists in Australia
since 1949



Your Local AHA Practitioner

Free Information Line

1300 55 22 54

**Professionalism and confidence
you can count on.**

The AHA Online

The Australian Hypnotherapists' Association maintains a strong online presence in the interest of members and the public.

The AHA website (www.ahahypnotherapy.org.au) is a leading source of information and articles about hypnotherapy.

The AHA provides a public register (<http://www.ahahypnotherapy.org.au/find-a-practitioner/>) of accredited therapists who meet national standards of training, supervision and ongoing professional development.

With AHA therapists in every territory and state, you will find a qualified therapist in your area.



About the Australian Hypnotherapists' Association

www.ahahypnotherapy.org.au

<http://www.ahahypnotherapy.org.au/find-a-practitioner/>

The Australian Hypnotherapists' Association, founded in 1949 and incorporated in 1957, is the oldest and most respected professional hypnotherapy association in Australia. Since that time the AHA has been recognised by government and industry as the peak body for the profession.

In 1966 the AHA published "A Set of Competency and Proficiency Standards for Australian Professional Clinical Hypnotherapists". This set of standards, updated in 1999, was the first to be published in the world and remains the template for the professional practice of hypnotherapy in Australia.

The AHA maintains high standards of professional proficiency. Only highly qualified hypnotherapists using approved techniques, become clinical members. AHA practitioners are governed by a strict code of ethics and all exchanges between client and therapist remain strictly confidential.

The AHA is a foundation member of the Psychotherapists and Counselling Federation of Australia (PACFA), and has reciprocal alliances with the General Hypnotherapy Standards Council of the UK (GHSC), the Association of Registered Clinical Hypnotherapists of Canada (ARCH) and the New Zealand Association of Professional Hypnotherapists (NZAPH). The association is also affiliated with many other international hypnotherapy bodies.

AHA clinical members, maintain good professional relations with government, doctors, dentists, hospitals and private health funds, many of which offer a rebate for services provided by clinical members.

In 2014 the AHA marked its 70th anniversary by hosting Australia's 2nd World Conference on hypnotherapy and establishing a National Register of qualified professional hypnotherapists.

