

## ***Hypno Massage Therapy***

### ***Robert Finlayson***

Robert is a therapist and actor . He has performed for over 25 years internationally and on London's West End. He has practised as a qualified masseur ( I.T.E.C.) for the last eight years and is experienced in deep tissue, therapeutic and sports massage. He treats a broad spectrum of clients, from those with persistent musculo-skeletal conditions, repetitive-strain and sports injuries, to those who simply want to relax. Included in his client base are performers, musicians and sportsmen and women.

Robert has a CPPD in Clinical Hypnotherapy from the London College of Clinical Hypnosis which is affiliated to West London University.

### ***How can it help you ?***

- helps promote deep mental and physical relaxation
- helps reduce the damaging effects of stress on our wellbeing
- helps promote the capacity to protect the body from, and to fight off, illness
- helps access physical and emotional resources
- helps self-empowerment

### ***What is it ?***

*Hypno Massage Therapy* is a holistic dual-therapy aimed at helping alleviate the negative effects that modern living has on our mental and physical wellbeing. It has long been accepted that the human organism is endowed with spontaneous healing power with which to restore a healthy mind and body. This concept is traditionally referred to as the *mind-body connection* and more recently as *psychoneuroimmunology* ; which split into its component parts describes the inter-connected relationship between how we think and feel (psycho), the functions of our nervous system (neuro) and our immune system ( immunology ).

This complex relationship is understood to have a powerful influence over our innate ability to deal with the effects of stress. Studies have shown that hypnotic trance is a highly effective state in which healing can occur. Hypnosis is by definition a relaxed state of focussed concentration, during which a patient , guided by the therapist , can access and utilise their own inner resources whilst in a natural altered state of consciousness.

The body cannot be both stressed and relaxed simultaneously. Therapies which reduce anxiety have been shown to lessen the intensity and duration of the body's nervous and hormonal responses to stress. This in turn effects positive changes in immune function. Not only is the body's ability to fight disease improved but immuno-competence is strengthened.

During hypnosis the patient is guided by the therapist to focus on those parts of the body and/or conditions they wish to heal or protect. By doing this they can target problems using their own existing bio-chemical and psychological resources. The therapy also incorporates self-empowering elements of ego-strengthening as well as learning how to practise self-hypnosis.

The patient is then woken and prepared for massage .

Therapeutic and remedial massage promotes relaxation, blood circulation, lymphatic drainage as well as the treatment of muscular tension or injury. The type, intensity and focus of the massage will depend on the patients requirements ( as discussed at the beginning of the session ) and might be adapted to take into account any issues that may have presented during hypnosis.

### ***What to expect ?***

Each session is tailored to the unique requirements of the patient and comprises of :

- an introductory discussion in which hypnosis is explained . The patient's needs and expectations are evaluated
- a patient history is taken
- a plan of treatment devised
- HYPNOSIS / guided relaxation therapy / learning self-Hypnosis ( in the first session )
- awakening \*
- a brief discussion about the hypnosis session
- MASSAGE

\* ( massage does NOT occur under hypnosis and the patient is fully awakened before this part of the session )

### ***Rates***

First session - £ 75 ( 90 minutes including case history and learning self-Hypnosis , thereafter sessions are either 60 or 90 minutes )

Hour session - £ 50

Hour and a half - £ 70

### ***Contact***

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