

## **Blushing/Nail Biting/Tics/Stuttering**

Hypnotherapy can be very useful in treating conditions such as blushing, nail biting, nervous tics and even stammering. An hypnotic trance is used to gain access to the subconscious mind, a pleasant and relaxing experience, during which time unwanted habits can be erased via reprogramming of the subconscious.

The process begins with an initial consultation where you will be given an understanding of how the brain works with regards to unwanted habits. During the consultation information will also be taken from you, and if wanted a treatment programme will be put in place and you will be given a CD to take home and an appointment booked for the following week to begin your treatment.

### Blushing

Blushing is a natural and involuntary bodily response to an emotional feeling such as embarrassment, guilt, shamefulness or nervousness, often coupled with a fear of not being able to control the blushing which can cause it to occur even more.

Hypnotherapy can be very successful in treating this condition and enabling you to replace the anxious thoughts and feelings with calming, relaxing and empowering ones. The outcome of this is that you will have the power to both consciously and unconsciously control your blushing.

### Nail Biting

Nail Biting is usually an unconscious habit and can be easily treated with Hypnotherapy via reprogramming of the subconscious.

### Nervous Twitches or Tics

Simple motor tics are sudden, brief, meaningless movements that usually involve only one group of muscles, such as eye blinking, head jerking or shoulder shrugging. Motor tics can be of an endless variety but the most common are hand clapping, neck stretching, mouth movements, head, arm or leg jerks, and facial grimacing.

A simple phonic tic can be almost any sound or noise, with common vocal tics being throat clearing, sniffing, or grunting.

### Complex tics

Complex motor tics are typically more purposeful-appearing and of a longer nature. They may involve a cluster of movements and appear coordinated. Examples of complex motor tics are pulling at clothes, touching people or touching objects.

Complex phonic tics may fall into various categories, including repeating words just spoken by someone else, repeating one's own previously spoken words, repeating words after reading them and the spontaneous utterance of socially objectionable or taboo words or phrases (also known as 'Coprolalia' which is a highly publicised symptom of

Tourette Syndrome; however, only about 10% of Tourette Syndrome patients actually exhibit coprolalia).

Complex tics are rarely seen in the absence of simple tics and can be difficult to differentiate from compulsions, such as compulsive shouting.

Both simple and complex tics usually respond well to a course of hypnotherapy treatment.

### Stuttering and Stammering

Stuttering, also known as stammering, is a speech disorder in which the flow of speech is disrupted by involuntary repetitions and prolongations of sounds, syllables, words or phrases, and involuntary silent pauses or blocks in which the stutterer is unable to produce sounds. It can also be an abnormal hesitation or pausing before speech, referred to by stutterers as blocks, and the prolongation of certain sounds, usually vowels and semivowels. Stuttering is often variable, which means that in certain situations, such as talking on the telephone, the stuttering might be more severe or less, depending on the anxiety level connected with that activity.

Stuttering is generally not a problem with the physical production of speech sounds or putting thoughts into words. Anxiety, low self-esteem, nervousness, and stress also do not cause stuttering, although the impact of stuttering on a person's functioning and emotional state can be severe. There are many treatments and speech therapy techniques available that may help increase fluency in some stutterers to the point where an untrained ear cannot identify a problem.

Hypnotherapy can be very effective in greatly reducing or even eliminating a stutter or stammer in a relatively short amount of time.