

Hypnotherapy **With Christian Baker**

(NB: All clients mentioned in this broadcast gave Christian their permission or have mentioned him on social media.)

Christian Baker

- Qualified Hypnotherapist
- Based in Northamptonshire but works in Bedfordshire and in Harley Street.
- He has a clutch of celebrity clients to his name.

Blue Peter Badge

- Christian himself, is a possessor of the Blue Peter badge
- Contacted six years ago by the show to work with presenter Gethin Jones.
 - Jones was set a challenge to fly with an air acrobatics team
 - Previously, he had taken part in a challenge with the red arrows and got motion sickness.
 - Christian was asked if he could do some work with him before he went up to fly.
 - Successful session followed: video evidence of Jones taking part in the flight.
- In the program, the presenter had tried drinking 'cayenne and lemon', and a number of things to help try and calm him down.
 - Ironically, Gethin likes flying and has his own license but acrobatics was a different matter.

X Factor

- Worked with Tamera Foster, a contestant a couple of years ago.
 - The contestant had a lot of trouble remembering the words to the songs she was singing.
 - After some work in the week and on the night, she remembered her words for the two songs she had to sing on the Saturday night.

Hollie from APM

- Hollie, ranked 16 in the UK elite division of mountain bikers.
 - Displays a nervousness towards hurtling down steep hills towards very large rocks and trees.

- Performance anxiety or lacking confidence can plant a seed of doubt or fear and any number of things that can prevent people from performing to the best of their ability.
- Hypnotherapy work doesn't make her more reckless: injuries and accidents come about usually when people are doubting themselves and the self-doubt and the negative self-talk creeps in.
- Many people overlook quite how important the mindset is in elite sport.

Jade Goody

- Planned to be involved with a fitness boot camp, which she was setting up prior to becoming ill.
 - Education on food and nutrition and military fitness element.
 - Christian's role would have been to reeducate their thinking.
 - Aiding people to reprogram their way of thinking to make good choices and decisions.

The Treatment

- The structure of Christian's appointments is very rapid and dynamic.
 - Numerous techniques can be applied whilst the person is in that other level of awareness.

Cost and length of sessions

- Charges and the length of sessions can vary drastically:
 - They can cost anything from £50.-£5,000.
 - On average, sessions last for an hour. Sessions to stop smoking can last longer (e.g. 90 minutes).

Military- susceptible to hypnotherapy?

- Lack of susceptibility is most common misconception people have; military individuals are often most receptive due to discipline and being used to following instructions.
 - Less resistance
- However, in the context of hypnotherapy, should somebody forcefully resist, you cannot make somebody do something that they don't want to do (no matter if they're an ex-marine or Joe Bloggs off the street.)

Manipulation of people's thinking: how far can you go?

- Grey area that if you built a strong rapport with somebody over time, you could 'encourage' them to do something that they wouldn't usually do.
- However, during this state of awareness called 'hypnosis', the person is still aware.
 - Full faculties are retained and the person always has the ability to stop (open their eyes).
 - People get confused between hypnotherapy and stage hypnosis
 - People working in comedy use a manner of elimination techniques to find out who would be most receptive in an audience.
 - No pre-selection for hypnotherapy; usually the clients are susceptible individuals as they have actively sought help.
 - Equally, if somebody on stage or in clinic is not willing or ready, there is only so much you can do with them.
- Responsiveness can vary from person-to-person and even day-to-day.

Stage Hypnosis (cont.)

- A lot of the preconceptions from the way treatment may work come from seeing stage hypnosis.
 - Originally when Christian started treating, this was Paul McKenna.
 - Derren Brown now uses a mixture of hypnosis, magic and illusion.
 - Puts some people off but also raises people's awareness, letting them know how powerful the mind is and used appropriately, they can make some really fantastic changes.

Qualifications and credentials

- Christian has 14/15 years of experience- only been asked a handful of times about credentials and training.
- Hypnotherapy is an area that is self-regulated.
- The Government has put a system in place where hypnotherapy bodies can belong to a nationally-recognised body.
 - Several bodies- Christian belongs to the National Council of Hypnotherapists.
 - He is required to adhere to their code of conduct.
 - CPD- the newer the member, the more CPD is required. Submission of hours annually.
 - Completed the relevant hours required to join and becoming a member allows him to acquire the professional indemnity insurance.
- Important to carry out homework
 - Look for people that are a part of independent bodies.
- CRB/DNB check- not compulsory but obviously highly recommended.

Christian's experience

- Very rewarding to see transformation, no matter how long it takes (instant or over a period of time).
- Not too repetitive- all patients require a different approach even for the same issue.
 - Sessions are not scripted.
 - Makes for a more dynamic and free-flowing treatment.
- Required to keep minimal notes.

Occurrence of emotional issues more suited to a psychotherapist?

- Part of training to come across such problems.
 - Emphasises the need to research your practitioner- ensuring somebody is fully trained and qualified.
 - Those who aren't fully trained would be ill-prepared to deal with it.

The 'state of awareness'

- Period of the treatment in this 'state of awareness' depends from person-to-person.
 - Could be half 'eyes closed, half 'eyes open'.
- According to Steven:
- Followed instructions whilst in the state, such as when to wake up.
- Was aware that Christian was talking, and knew he was listening.
- Aware that he could open his eyes and break the trance at any point.
- CB: A very relaxing experience- this can actually be a positive by-product of being in that

state of awareness.

- Can be helpful and effective to break the pain cycle and give somebody respite.
- Being in trance is by no means the most important part- it's what happens whilst they're in that state.

In the brain:

- Christian doesn't get too involved in the scientific and the nitty gritty proof and evidence.
- Crudely, it's an altered state of awareness similar to when somebody goes into a sleep-like state, such as when somebody daydreams.
 - 'There's different brainwave states that people who go into...and it's just one of those in the range and the reason we do it is because in that level of awareness, the subconscious naturally becomes more open, receptive and responsive'
 - Comparatively, imagine driving a familiar journey and perhaps losing track of the journey.

How many sessions are required?

- It's obviously the million-dollar question.
- Fears can be dealt with effectively in a relatively short period of time.
 - Only had the luxury of an hour with Gethin Jones.
- Due to the broad spectrum of things that Christian sees patients for, the average number of sessions is probably 4 to 5 sessions over a period of time.
- Treatment would be stretched over time for such things as anxiety and even weight-loss to give them more time in their day to day life to assimilate.
- With issues such as fibromyalgia or IBS, the work tends to take a bit longer.
- Whilst the word 'cure' is not appropriate, the patient can retain the effects of the treatment long-term.
 - However, human behavior determines that a decision could be made which starts the problem again- e.g. a previous smoker could once again start despite not smoking after treatment.

Working in tandem with physical therapists

- Main source is the relaxing nature of the state of awareness which can help people profoundly.
- Re-education to give the patient some coping mechanisms- perhaps such as self-relaxation.
- Possibility of breaking down strong biopsychosocial components better than physical therapists.
 - Important to know your limitations and know when to refer to a physical therapist or vice-versa.
- Cross-referrals have helped with all sorts of issues such as: headaches and migraines, TMJ, fibromyalgia and other digestive problems.
- Hypnobirthing- helping the parent to deal with the pain of childbirth, often connected to a component of fear.
 - By helping people reach a more relaxed state, you can reduce the problem but also make it easier for a physical therapist to work with them as well.
- Fibromyalgia: complicated
- Unable to help alone but hypnotherapy can make a physical therapist's treatment much

more effectively.

- Osteoarthritis: pain is there for a reason- no attempt to mask pain unless they've been down the appropriate routes.
 - Establishing coping mechanisms that can give them some respite from pain (perhaps reducing the number of tablets somebody requires).
 - Pain management
 - Is it worth manual therapists attending a short course on hypnotherapy to help patients?
 - For somebody who is curiously interested, a short-course could be beneficial.
 - A respectable course to get a feel for hypnotherapy could be from a weekend to a seven-day foundation course.
 - Training to be a hypnotherapist, you're looking for 120-450 hours of experience.
 - Even the language people use have an impact on the way people respond.
 - NLP techniques (Neuro-Linguistic Programming)
 - Quite closely linked to hypnotherapy as one of the people it was modelled on was a very well-known hypnotherapist, named Milton Erickson.
 - Manual therapists communicate with their patients at all time.
 - Main distinction between NLP and hypnosis is that the eyes remain open for NLP techniques.
 - Christian finds that utilizing the 'other level of awareness' leads to rapid, longer-lasting changes.
- The video of Dr. John Butler (<https://www.youtube.com/watch?v=QNf21qf9dHY>)
(Video of hernia op, in which Dr. Butler 'self-anaesthetises' himself)
- Requires discipline and practice.
 - This is probably why chemical anesthesia is better:
 - Money, but also time element as it would take a long time to train somebody to be receptive enough to be able to that.
 - There was an anesthetist on-hand in case things didn't go according to plan.

Improving the memory through hypnotherapy

- It's been proven that through brain training games etc., the brain can be enhanced and improved upon.
- Confidence can also play a vital role, if somebody believes that they haven't got a very good memory, they're going to reinforce that feeling each time they think it.
 - Hypnotherapy can aid in flipping this into positive thinking.

Treating obesity

- Very good results with aiding weight management.
 - There is no guaranteeing longevity of results: a person can decide at any time to change their eating habits.
 - Diets don't cater for the fact that we have emotional responses to food.
 - Confidence and motivation can play a huge part in helping somebody change their lifestyle.

Smoking

- One-time session with free support for the first few months.
 - Follow-up support needed very infrequently.
- Again, it's difficult to quote success rates as there are so many variables involved in human behavior.
- GPs often don't give direct referrals, but GPs that have been helped may send clients through unofficial referrals.

What makes people feel anxious and what stops this feeling?

- There's so many different stimuli to create anxiety in people
 - Difficult to generalize and give a blanket answer.
- Solution is attempting to resolve what's creating the anxiety.
 - Dependent on triggers.
 - Usually an accumulation of life experiences.
 - 'Life on paper may be great' but there can be underlying stresses or traumas that have not been dealt with.

Or

- Supply the person with coping mechanisms so that they can manage it.
- Often people's outside persona is very different from their personal emotional mindset.
 - The mindset (similarly with physical fitness) can be developed, enhanced and strengthened.

Self-Hypnosis

- Very little difference between hypnosis and self-hypnosis- Christian acts as a 'glorified guide'.
 - The person just has to be willing to go through the process.
- Actively encourages self-hypnosis for pain.
 - Christian has a number of audios which help guide the individual into a self-hypnosis.
 - Incorporating self-hypnotic techniques and suggestions to help people make change as well.

(More information can be found at (<http://christianbaker.net/>))

Regression

- Although trained in it at length, it's not always the best way to go as people are often aware of their background.
 - Following a direct and dynamic approach allows you to focus on the future and getting the patient to try and disconnect from the past.
- Certain individuals regress naturally and at that point you can deal with it.
- The way in which people recall memories and accuracy to the true events probably aren't that important if it's helping them get to the resolution that they're after.
 - Work with people who are trying to find things can result in both a positive find or not finding the object where they thought it was.
 - False Memory Syndrome is a possibility.
- However, for such reasons, recollections from appointments in such a manner would not be used in a court case.

First Draft