

## Frequently Asked Questions

Below are some of the questions I'm commonly asked. If you have any query that is not listed here, please don't hesitate to contact me!

### **Why would I come to one of your workshops?**

As we go through life, and as we get older and watch our lives evolve, it can sometimes seem as if things didn't turn out the way we hoped. It might be that you didn't do the things you always thought you would, or it might be that you don't feel the way you thought you would. It might be that your life *is* as you thought it would be but that you are simply not enjoying it as much as you thought you would, and perhaps you feel confused about this. Perhaps all is fine, except for one area where you seem to repeat the same pattern, or feel held back. If you can relate to this, it may be that a Sycamore Workshop could make the difference for you.

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### **Will I have to tell strangers personal things about myself?**

This is an important question and the answer is no as you won't have to do anything you don't want to do. However, there is a degree of personal exploration in the course and there are some exercises which involve pairing up. You will benefit most from the course if you partake in the exercises and participate fully with the others, who will probably be feeling much the same as you. But you can decide for yourself what you want to share with others and what you don't. The course does not involve personal or group therapy and therefore is relatively light.

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### **Do you use hypnotherapy in your workshops?**

No. Some courses involve simple relaxation techniques but no hypnotherapy is applied to the group, as it would be necessary to take a full case history from all the people present.

The only medical condition which contraindicates the basic relaxation techniques is epilepsy and I will ask you if you suffer epilepsy when you book the course. This does not mean you cannot attend the course but that I will have to ask you not to partake directly in the relaxation exercises. I'm afraid this is necessary from an insurance perspective.

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### **Will I be suitable for one of your workshops?**

If you are currently experiencing clinical depression or suffer from a psychiatric disorder, I would not recommend attendance on the described workshops as there is little time for personal attention on the courses. The courses are not designed to offer personal attention and when experiencing depression, for example, it is possible that the course would feel a little overwhelming. If you are interested in working on a one-to-one basis, please visit [www.sycamorehypnotherapy.co.uk](http://www.sycamorehypnotherapy.co.uk).

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### **Are you just going to bang on about positive thinking and tell me to smile?**

No. And good question. Positive thinking is a great ideal and is very valuable and important, but if the thoughts are not believed, they can be more confusing than just sticking with our usual thoughts. Positive thinking is part of the course but is dealt with realistically and effectively.

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