

# Live Q&A With Andrew Parr

May 2018

## Question 1

Essentially a couple of challenges with a client under regression:

- 1) inner child therapy did not invoke the improved feelings I would expect
- 2) client started to express the feelings but then pulled back - was too embarrassed : to feel this level of hate.
- 3) Client was unable to describe how she felt when in the experience

In essence client was quite inhibited in participating, which may have reduced the benefit.

Could simply mean we need more sessions to build up the trust and rapport.

Also clients presenting problem was she has trouble connecting with people. Overall background was systematic child abuse - mental and physical.

[From: Paul]

## Question 2

I gave a talk last week to some nurses and it went OK

But what's the best way to talk about Hypnotherapy?

Client stories?

Demonstration?

Any ideas for best things to cover in a 45 min presentation?

I didn't do overheads or anything, I just wanted to connect and talk...

Thank you!!

[From: Mary]

## Question 3

I wanted to ask if it's possible to use analytical hypnotherapy during self hypnosis, and if so the best way to go about it.

[From: Hilary]

## Question 4

I have recently done a few sessions where loads has come up in the session followed by good abreactions, which I know is good.

However, when I've contacted the clients after via email, they have said that what came up was so traumatic that they have been really upset since .

What can I do to avoid them taking the negatives away with them. 😬😞

[From: (Carol?)]

## Question 5

how about explaining the uses of stop smoking for other addictions & weight loss, for other excesses???

From watching client sessions on the site I also think how to prioritise or the order to deal with multiple problems?

[From: Sandy]

## Question 6

I've currently got a client that wants help improving his tennis game. He's got some performance anxiety that is affecting how well he plays competitively.

I was wondering if Andrew could share some of the techniques that he covered in his recent "sports hypnosis" workshop.

[From: Paul]

## Question 7

Regarding Andrew's request for a topic for the webinar, how about the GDPR and how it will affect practitioners?

[From: James]

Answer: This is NOT legal advice ... just initial steps ... and we hope to provide examples very soon.

- Update the privacy policy on your website -
- Update the agreement statement on your client questionnaire form
- Keep any client details password protected or under lock and key



## Question 8

I have a question in regards to IBS treatment, andrew did a wonderful webinar on it before but it was mainly focused on IBS-D which is the one for controlling diarrhoea.

But I was wondering how we could treat other symptoms such as bloating and tummy ache as a lot of people just suffer from that. Or even constipation but bloating and tummy ache seems to be one thats not normally spoken of as its not as severe but still quite disturbing for those who suffer from it.

Also Andrew is currently doing a project with kids suffering from IBS if he could talk a little bit about that and how he treats them?

[From: Tamana]

## Question 9

I'd like to ask about Weight Reduction

Should we be just focusing on removing negative emotions or doing suggestion?

Best ways to help weight loss (reduction) ?

Thank you!

[From: Mary]

## Question 10

Regression:

When you ask the client to get in touch with and follow the [bad] feeling and the first two memories they regress to are happy memories, what should I be asking myself?

I stayed relaxed and kept going and the third memory was an unhappy one where I got a result and used inner child.

Is this avoidance by the client or poor facilitation my me? Or a bit of both?

Thanks

[From: Paul]

## Question 11

I have a question about how much content to put into a session.

I had a client last week and knew it was last session so I wanted to give her as much to take away as I could .

She had migraines so I did warming hands, then turning down the dial and finished with Erikson' s ' I wonder how much pain you'd feel if a hungry tiger came into your room etc. If it feels comfortable and works, is it ok to pack the session if the number of sessions is limited?

Thanks!

[From: ? ]

## Question 12

Hypno for sea sickness? Possible?

[From: Ant]

## Question 13

Carol and I are having a debate about the importance of the induction and deepener.

She rarely bothers and just follows the feeling in, because it feels more fluid.

I always do it because I think it's part of the ritual. What would Andrew say?

[From: Ant]

## Question 14

I did 2 xCorporate sessions last week, inducing about 15 or 20 people together and taking them to their happy place. I had 1 person in each group in tears at the end.

One had been on a beach and then everything went black and it was frightening.

The other was reminded how challenging life was straight after. Not happened to me before. To be expected? Freakishly unlucky? Or is this one of the dangers of group stuff to be expected ?

[From: Ant]