



YORKSHIRE
Hypnotherapy Clinic

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... give yourself a chance.

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OCD Treatment;

Obsessional behaviour by definition is 'a thought, image, feeling, impulse, or movement that an individual feels compelled to carry out, usually repetitively, in spite of a strong urge to resist. He or she recognises that this thought or behaviour is absurd, but cannot dispel it'.

No matter how hard he or she tries, the mind is constantly invaded by such ideas. These thoughts may constantly be about being hurt, hurting others or being attacked, constantly worrying and obsessing about hygiene in case a person may catch an illness or disease.



Sufferers often have persistent thoughts about hurting someone (often towards those they care for and love) and not being able to let go of negative feelings such as envy, jealousy and anger. Indeed the word 'Obsession' comes from the latin word 'obsidere', meaning 'to besiege'. Unwanted intrusive thoughts literally force their way into ones mind and in effect besiege it.

Unlike the person suffering from compulsions, the person suffering from obsessional behavior is likely to brood and ruminate over the task; they become preoccupied with it.

Obsessionals feel no reward for performing a task (or thought), and they feel no relief or satisfaction and the brooding continues. If a task isn't carried out, the sufferer feels that something bad and unpleasant is going to happen to either themselves, others or to both. People who suffer from obsessional thoughts and ideas are generally perfectionists who are anxious to get everything 'right'. OCD is in effect a doing / undoing ritual. A person is trapped in this condition until the reason for the condition is found. Basically a person has experienced something in childhood that they wished so much had never happened, but it's happened, but they wish they could go back to avoid it happening, but they can't it's happened, but I want to go back and stop it from happening, but it has already happened..... I could go on but you get the jist of what I'm saying. The vicious circle from childhood has already been formed. In effect, a person is trapped in a 'childish' circle of torment. When we find what has happened, release the emotion, OCD will eventually dissolve forever.

OCD symptoms include:

- Repeated **hand washing** or actions (e.g., checking the cooker is turned off, multiple times)
- Avoiding cracks in pavements.
- **Workaholism** (at the expense of health and family)
- Avoiding interaction on an emotional level by being very materialistic.
- Excessive high levels of hygiene.
- Constant intrusion of **negative thoughts**.
- **Counting rituals** (counting from 1-34, and then backwards etc)
- **Eating Disorders (Anorexia and Bulimia)**
- Fears of hurting others or oneself.
- Constant **intrusions of aggressive/violent thoughts** (especially towards loved ones).
- Great concerns about exactness, symmetry and perfection.
- **Obsessional thoughts** often violent or sexual.
- **Hypochondria** and other **obsessions**.
- **Paranoia**.



As far as a professional hypno-analyst is concerned, OCD is an obsessional neurosis that can be treated very successfully. Because the rituals of OCD are often absurd, whether it be counting numbers or the thought of actually wanting to hurt a loved one (albeit this thought is a scary one), many suffer in silence not knowing there is a treatment for OCD. I would also like to add that I strongly disagree with any medical views that OCD is due to chemical imbalances in the brain. I feel at authority to say this as I've treated too many people successfully who have been told that.

There's no need to continue to suffer. OCD treatment in the form of Hypnoanalytical therapy is the key to finding the causes of OCD that create bottled up emotions, causing anxiety, that fuels obsessional behaviour.



Contact me now for a free consultation