

JUNE INTERVIEW WITH VIV EVANS



This month we're joined by Viv Evans, a highly qualified hypnotherapist, practising from Durham House in Farnham.

Viv debunks some of the myths around hypnotherapy, explains how a typical hypnotherapy session works and reveals why her clients make her feel humble.

Thanks for joining us Viv. Why did you become a hypnotherapist?

I wanted to make a difference in people's lives. I have found hypnotherapy to be so beneficial in so many ways. I really believe that it can make positive changes to people's well-being. It literally can be life changing. Before I had children, I worked in engineering, so I was always interested in systems and programming. I always wanted to

work with people not machines though so I retrained as a hypnotherapist. I like to think of it as helping people to reprogram their thinking to achieve their goals.

What training did you do to work in your chosen profession?

I have a diploma in hypnotherapy and another in cognitive behavioural hypnotherapy. I regularly attend professional development courses to update my skill set. I also have a BSc and will be starting a Master's degree in psychology this September.

How did you find your job?

I was really lucky. I had just qualified and was trying to find a practice to join. I contacted a number of well-being centres. I had a few offers but I really liked the atmosphere at Durham House.

What do you like about Durham House?

I like the fact that all the staff are really friendly. I really like the atmosphere and there is a great sense of community.

What is a typical work day like?

People think a hypnosis session is just the time spent with the client. But there is a lot of preparation work to do. Each client is an individual and it can take a lot of research and detailed exploration of the client's issue to deliver a session that the client will really respond to. So a typical work day will mainly be me working at my computer, accessing publications and resources that will benefit the client. I usually write a hypnotic script tailored to the recipient so that when the session takes place, I am fully prepared.

What is the most rewarding part of your job?

I'm so lucky that my job can really make a huge difference to people. Not that I can take all of the credit; the majority of the results come from the clients themselves. Hypnotherapy just helps unlock different ways of thinking. My role is as a guide to help people find the key. I have to admit my favourite part of the job is when a client contacts me and tells me they no longer smoke or over-eat or that they sleep better. I'm so humbled to have played a part in this life changing transformation.

Do you have any tips for people worrying about having treatments with you?

Hypnotherapy is not mind control. I do not make you look into my eyes and then you zonk out like a zombie! There is really nothing to worry about, it's actually a very pleasant therapeutic experience. You are always aware of everything that is being said and you are always in control. All you need is an open mind and be prepared to be part of the process. Hypnosis is not something that is done to you, it's a collaboration between therapist and client.

Do you have any tips for people considering a career as a hypnotherapist?

If you're really interested in being a hypnotherapist, I would highly recommend contacting the Adam Eason School of Hypnosis. I studied for my cognitive behavioural diploma with Adam and it was by far the most ethical and evidence based course I had the pleasure to undertake.

Is there an aspect of your practice that particularly interests you?

I love everything to do with hypnotherapy but, at the moment, I'm working with Sarah Brown, the nutritional therapist at Durham House, on a "go sugar free" course. I have to be really prepared for any questions, so I need to know my stuff relating to sugar and how people can become dependent on it. Wow! It's really interesting and so complex. I've become a bit obsessed with it! I had no idea it was so fascinating. I'm going sugar-free along with the course participants and so far I'm loving it. You can learn more by visiting the link below.

<https://www.psychologytoday.com/articles/200301/real-sugar-high>