

## What is Hypnosis?

There is some debate about what hypnosis is, however, many agree that it is a state of focused concentration, where you are more open to suggestion.

You are always in control and you are not unconscious or asleep. Hypnosis is a completely natural state and the practice of it is a skill and the techniques used are called hypnotherapy. Clinical hypnosis is not like stage hypnosis.

**All hypnotherapy sessions are free of charge and financially supported by Mid Cheshire Hospital Charity.**

## What is Hypnotherapy used for?

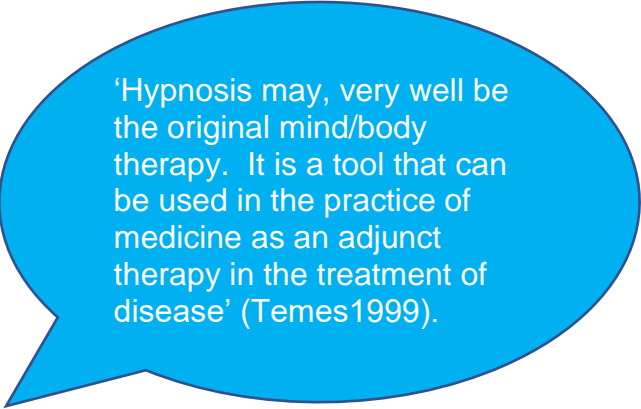
Cancer can lead to a wide variety of problems for patients. This can include issues resulting from the diagnosis, treatment and anxiety about the future. Also, needle phobia, or phobias about imaging machines or treatments can be dramatically reduced, and in some cases eradicated through access to hypnotherapy techniques.

**The hypnotherapy service is only open to Mid Cheshire Hospital cancer patients and is not an NHS service for external referrals due to its charity funding status.**

## How can I be referred?

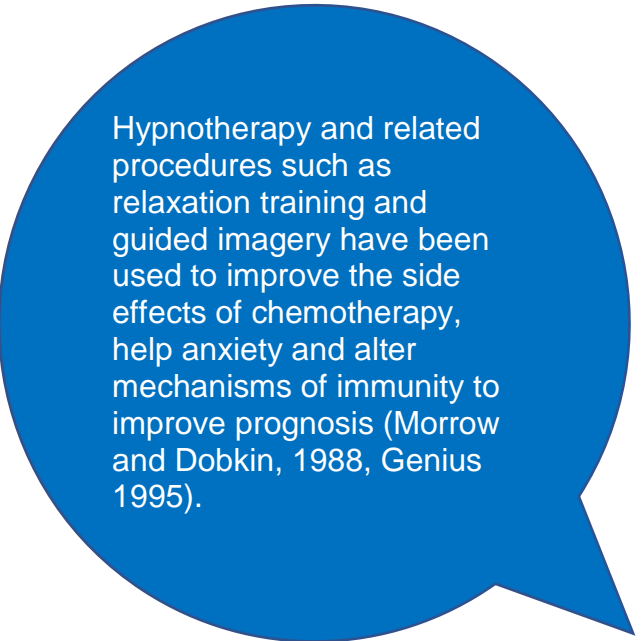
Your special cancer nurse and chemotherapy nurses can refer you for Hypnotherapy via the Macmillan Information and Support Service.

## What are the benefits?



'Hypnosis may, very well be the original mind/body therapy. It is a tool that can be used in the practice of medicine as an adjunct therapy in the treatment of disease' (Temes1999).

*'Hypnosis is a powerful tool for promoting healing, growth and transformation. It works by activating a creative state of mind and body where new learning can occur effectively, almost effortlessly.'* (Burke, 2004).



Hypnotherapy and related procedures such as relaxation training and guided imagery have been used to improve the side effects of chemotherapy, help anxiety and alter mechanisms of immunity to improve prognosis (Morrow and Dobkin, 1988, Genius 1995).

## What happens during the session?

The Macmillan Cancer Information and Support Service will contact you once a referral has been received to discuss your needs, answer any questions you may have and arrange a convenient time for your first appointment.

Your hypnotherapy will be offered through a video conferencing site called 'Attend Anywhere'. You will be sent the link and instructions so that you can easily access the service. If you have a smart phone iPad or laptop it is very easy to use by clicking on the link to attend the video appointment. If you do not have these devices then we can arrange a telephone hypnotherapy session.

If you feel comfortable working together you will usually agree to meet, initially for a further five sessions.

Beyond hypnotherapy, you may wish to join a self-help group in your local area and/or use mindfulness Apps to help manage your anxiety; you will find details of these on our website at [www.mcht.nhs.uk/mac.info](http://www.mcht.nhs.uk/mac.info)

## What do I need to know about appointments?

Each hypnotherapy session lasts for one hour, via the video link or on the telephone.

You and your hypnotherapist will determine the date and time of your next meeting. Generally, you will work with your hypnotherapist on a weekly basis but this remains flexible, as you may need to miss some weeks due to treatments or other appointments.

Please telephone or email the Macmillan Cancer Information and Support Service if you are unable to attend an appointment. If possible, you are asked to give at least 24 hours' notice of a cancellation.

### What if I need to see someone immediately?

If you feel very distressed and believe it would help to talk to someone whilst waiting for an initial appointment, please speak with the Macmillan Cancer Information and Support Service or Specialist Nurse.

### Ethics and standards

Mr Fraser White MSc Health Psychology, BSc Hons in Applied Psychology, is a highly respected member of the Cancer Care Team and a member of the National Council for Hypnotherapy (NCH) and the Complementary Natural Healthcare Council for Hypnotherapy (CNHC) and is bound by their ethics and standards.

Mr White has successfully worked with cancer patients at St Luke's Hospice and Mid-Cheshire Hospital Macmillan Unit, he is highly specialised in his field with over 25 years' experience.

### Useful Telephone Numbers:

#### Direct line to the Macmillan Unit Reception

01270 273601

#### Secretaries

01270 612322

#### Macmillan Benefits Advisor

01270 303006

This leaflet is available in audio, Braille, large print and other languages. To request a copy, please contact the Macmillan Cancer Information and Support Service on 01270 273603.



**MACMILLAN  
CANCER SUPPORT**  
RIGHT THERE WITH YOU

**NHS 111** - making it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health. 24 hours a day, 7 days a week. To get help from NHS 111, you can: Go online to [111.nhs.uk](https://111.nhs.uk) (for assessment of people aged 5 and over only).



Mid Cheshire Hospitals  
NHS Foundation Trust

# Macmillan Cancer Information and Support – Hypnotherapy Service

Information for Patients

Macmillan Cancer Information and Support Service

Telephone: 01270 273603

Website:

[www.mcht.nhs.uk/mac.info](https://www.mcht.nhs.uk/mac.info)

Email:

[Macmillan.Info-Support@mcht.nhs.uk](mailto:Macmillan.Info-Support@mcht.nhs.uk)

