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If you are suffering with a psychological issue of some kind then it is very important to tr to get to the bottom of this so that you can come to terms with your issues and be happier once again. Psychological issues can otherwise have an impact on your lifestyle, your happiness and even your health and can affect other people too.

The best way to do this is with some form of therapy such as counselling or hypnotherapy. But what should you expect from these? Here we will look at what you should expect to encounter.

Hypnotherapy

Hypnotherapy is born of the psychodynamic and Freudian school of psychology and is to that end focussed on the unconscious mind. What does this mean? Well essentially it means changing your beliefs and your thought patterns by getting past your conscious barriers.

In short, if you are currently very low in self esteem and someone simply says to you 'you should be higher in self esteem' well then that won't have much impact as our conscious mind tends to reject instructions and suggestions by nature. However a hypnotherapist will get around this by gradually convincing you that you should be happier and have better esteem while you're in a trance like state. They will get you into this state first by asking you to relax, and then by using a set of scripted lines in order to get you to trust them and what they have to say. After that though they will then go on to subtly suggest things to you that get in 'under the radar' as it were. This can then help you to believe the suggestions and that in turn can help you to overcome whatever it is that's limiting you.

Counselling

Counselling is quite simply the talking cure for a range of problems and invoves getting emotional support from an objective and confidential third party which can be a greatly liberating feeling.

Counselling is slightly less in depth than therapy. Therapy is psychology for those with serious psychological and emotional problems and it will be based on one of the big schools of psychology such as psychodynamic psychology or cognitive behavioural therapy.

Counselling meanwhile is more of a general emotional support for problems such as bereavement or marriage difficulties. This then can help you to work through your problems in a safe environment and it may also involve strategies from CBT or psychodynamic psychology as well. CBT for instance is 'cognitive behavioural therapy' and this will then involve an attempt to essentially 'reprogram' the way you think. For instance if you have low self esteem it may well be that this is because you are thinking damaging thoughts such as 'I'm not go at anything'. CBT then will identify these negative thoughts and teach you to place them with more positive affirmations. Psychodynamic approaches meanwhile will aim at helping you to come to terms with thoughts and memories that may currently be unconscious and this way you will be able to deal with them on a conscious level. It may also look at more deep seated issues from your childhood.

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