

Can Hypnotherapy Really Help With Something as Stubborn as Addiction

Scepticism about hypnotherapy for addiction is understandable, particularly from clients who have already tried other approaches without lasting success. Hypnotherapy 4 Freedom addresses [experienced hypnotherapist in London](#) this scepticism directly rather than promising an easy fix, and the honest answer to whether hypnotherapy in London can genuinely help with addiction is nuanced, yes, but not as a standalone quick fix, and not without real effort from the client. Addiction is explicitly treated here as connected to deeper causes, trauma, stress, or depression that predates the addictive behaviour and continues driving it even after the substance or activity itself is removed. This is why sessions focus on identifying and addressing what is actually underneath the addiction, rather than only working on stopping the behaviour itself, since addressing the addiction in isolation without looking at its roots tends not to produce results **hypnotherapy in London** that last. The process is described honestly as a long term one that takes motivation, discipline, and genuine desire to change from the client, alongside whatever hypnotherapy and coaching support is provided. This framing matters, since clients expecting hypnotherapy to do all the work passively are likely to be disappointed, while clients prepared to engage actively with the process tend to get considerably more out of it. For more severe dependency, particularly alcohol and certain drug addictions, hypnotherapy is positioned clearly as complementary support running alongside specialist medical care, not a replacement for it, and this distinction is made explicitly during the initial consultation for any client dealing with a serious dependency. Coping strategies for the long run are also taught as part of the process, aimed at supporting a client well beyond the point where the initial addictive behaviour has stopped. Anyone weighing up whether hypnotherapist in London support could help with their particular situation is encouraged to have an honest conversation about it during the free, confidential consultation call, where realistic expectations can be set before any commitment is made. Clients are also given a realistic picture of what setbacks might look like along the way, since addiction recovery is rarely a straight line even with the right support in place. Being prepared for this in advance, rather than treating any lapse as a sign the whole process has failed, tends to lead to better long term outcomes than an approach that promises a smooth, uninterrupted path to change. Ongoing coping strategies taught during sessions are specifically designed to be useful during these harder moments, not just during the easier early stretch when motivation is naturally at its highest.

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FAQ About Hypnotherapy in London

How much does hypnotherapy cost in London? Prices vary between practitioners and clinics across the city, often depending on location, experience and session length. Hypnotherapy 4 Freedom offers a free 30 minute consultation before any paid session, so cost and a realistic session plan can be discussed openly before committing to anything. Sessions are progress led rather than sold as a fixed package, so the total number needed depends on the individual issue being addressed.

Is hypnotherapy available on the NHS? Hypnotherapy is generally treated as a complementary therapy rather than a standard NHS treatment, so most people access it privately. Hypnotherapy 4 Freedom, based at 1 Harley Street, works alongside a client's existing GP or specialist care rather than replacing it. Anyone already under NHS care for a mental health condition is encouraged to keep that relationship in place while exploring hypnotherapy as additional support.

What conditions can hypnotherapy treat? Hypnotherapy is commonly used for anxiety, stress, sleep problems, phobias, stopping smoking and other habits, and building confidence, among other issues. At Hypnotherapy 4 Freedom, sessions also cover more specialist areas such as OCD, PTSD and trauma, addiction, and weight management, drawing on clinical hypnotherapy, NLP and EMDR depending on what the individual client needs. A free consultation call is the best way to discuss whether a specific issue is a good fit for this kind of work.

Is hypnosis safe? Hypnosis is generally considered safe when carried out by a properly trained and insured practitioner. Stuart Downing at Hypnotherapy 4 Freedom is a Clinical Hypnotherapist and Master Practitioner of NLP with full professional indemnity insurance, working from a private consulting room on Harley Street. Clients remain aware and in control throughout a session, contrary to the loss of control often portrayed in stage hypnosis.

Who is not suitable for hypnotherapy? Hypnotherapy is not usually recommended for people experiencing active psychosis or certain severe mental health conditions without medical oversight. Hypnotherapy 4 Freedom's free 30 minute consultation is used partly to screen for this, ensuring hypnotherapy is a suitable and safe option before any paid session is booked at the Harley Street clinic. Where it is not suitable, clients are pointed toward more appropriate support instead.

What are the disadvantages of hypnotherapy? Hypnotherapy is not a guaranteed quick fix, and results depend on the individual, the issue being addressed, and how many sessions are genuinely needed. Hypnotherapy 4 Freedom is upfront about this during the free consultation, setting realistic expectations rather than promising a fixed outcome from a single session. Sessions are reviewed for progress along the way, so the approach can be adjusted rather than locking a client into a package that is not working.

Can hypnotherapy help with weight loss? Hypnotherapy for weight loss typically works by addressing the underlying habits and emotional triggers behind eating patterns, rather than functioning as a diet plan on its own. At Hypnotherapy 4 Freedom, weight related sessions combine hypnotherapy with coaching techniques to help build sustainable change over a course of Harley Street based sessions. Results vary between individuals depending on the specific pattern involved.

Can hypnotherapy help with overthinking? Hypnotherapy can help calm the kind of repetitive, anxious mental chatter often described as overthinking by working directly on the nervous system's stress response. Hypnotherapy 4 Freedom's approach in London combines clinical hypnotherapy with NLP techniques aimed at interrupting these automatic thought patterns rather than only addressing the surface level worry. Many clients booking anxiety focused sessions describe overthinking as one of their main concerns.

What can hypnosis not do? Hypnosis cannot make someone act against their own will, erase memories, or cure a physical medical condition on its own. Hypnotherapy 4 Freedom is clear about this during every free consultation, positioning hypnotherapy as complementary support that works alongside a client's own motivation and, where relevant, alongside existing medical care rather than replacing it. Being upfront about these limits is part of setting honest expectations from the first phone call.

Do doctors recommend hypnotherapy? A number of doctors and health professionals recognise hypnotherapy as a useful complementary option for specific issues such as anxiety, IBS and habit change, alongside conventional treatment. Hypnotherapy 4 Freedom encourages clients to keep working with their GP or specialist throughout, and Stuart Downing's training includes EMDR and clinical hypnotherapy specifically suited to working alongside other forms of care. It is not typically positioned as a first line medical treatment on its own.

Which is better, CBT or hypnotherapy? Neither approach is universally better, since CBT and

hypnotherapy work in different ways and suit different people and different issues. Hypnotherapy 4 Freedom's blended approach, combining clinical hypnotherapy with NLP and coaching techniques, is designed to be tailored to the individual rather than applying one fixed method to every client walking through the Harley Street clinic's door. Some clients benefit from combining structured talking therapy with hypnotherapy rather than choosing only one. Why is hypnotherapy sometimes viewed with scepticism? Hypnotherapy's association with theatrical stage hypnosis has left many people unsure what a genuine clinical session actually involves. Hypnotherapy 4 Freedom addresses this directly during the free consultation, explaining clearly what a session at 1 Harley Street actually looks like, a calm, guided conversation rather than anything resembling a stage act. Clients remain fully aware and in control throughout, which tends to surprise people expecting something quite different.