

Hypnosis and sexual issues

Hypnotherapy can be an effective approach for addressing various sexual issues by working with the subconscious mind to alleviate anxiety, improve confidence, and change negative thought patterns. It can help with concerns such as:

- **Performance Anxiety** – Reducing stress and increasing relaxation for better sexual performance.
- **Low Libido** – Addressing psychological blocks that may be reducing sexual desire.
- **Erectile Dysfunction (ED)** – Managing stress and subconscious fears that contribute to ED (when no medical cause is present).
- **Premature Ejaculation** – Teaching relaxation techniques and improving control.
- **Sexual Trauma & Emotional Blocks** – Helping to process and heal from past trauma that affects intimacy.
- **Body Image & Self-Esteem Issues** – Boosting confidence to enhance intimacy.
- **Unwanted Sexual Behaviors** – Managing compulsive thoughts and behaviors related to sexuality.

What to Expect in a Hypnotherapy Session:

- **Initial Consultation** – Discussing concerns, goals, and medical/psychological history.
- **Induction & Relaxation** – Guided into a deep state of relaxation to access the subconscious mind.
- **Suggestion Therapy** – Positive affirmations and reframing negative beliefs.
- **Regression Therapy (if needed)** – Exploring past events that may contribute to current issues.
- **Post-Hypnotic Suggestions** – Reinforcing positive changes that persist beyond the session.

The number of sessions depends on the person

In hypnosis there is a strong response to suggestion. In sex there is a strong response to stimulation. Sex therapists may not know much about hypnosis. But hypnotherapists surely need to know about sex. From any approach the basic effort is to free patients from worries, distractions, emotions or other disturbances so as to develop a focused state of awareness. Orgasm may well be the ultimate trance-sensations are powerful, highly concentrated to the point where all other thoughts, feelings, sensations or emotions are obliterated from the mind.

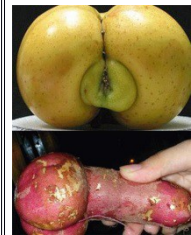
Hypnotherapy has proved wonderfully helpful in dealing with psychosomatic sexual problems-impotence, frigidity, etc.-and in enhancing self-esteem and confidence where necessary. The development of a positive self-image is always an important factor in adjusting to the needs and desires of partners and achieving the ultimate in relationship security.



Treatment for sexual problems

Guilt and fear are nearly always the emotions underlying these conditions. Get rid of the guilt and fear and the symptoms disappear. Sexual problems are very common and very distressing.

Once physical causes have been ruled out hypnotherapy is, in my view, the most effective way of getting rid of these problems. After so many years of working with these difficulties you can be sure that nothing will embarrass me! All consultations are conducted with confidentiality and privacy in mind .



Low sex drive or low libido treatment

When people are stressed or anxious, one of the first things to be affected can be the sexual drive, and many men and women reported being 'turned off' sex, or losing their sex drive, either over a number of weeks or months, or in some cases even years. Sometimes a low sex drive can be caused by certain medications (check with your doctor), in other cases it is a purely psychological symptom. Like ALL sexual problems, hypnotherapy is incredibly helpful in helping you to 'get back to normal'.

Treat Premature Ejaculation with hypnotherapy and hypnosis

Premature ejaculation is the most common sexual problem in men under 40 years of age and can be very debilitating, frustrating, embarrassing and humiliating. Premature ejaculation, sometimes referred to as PE, is the experience of a man coming too quickly, usually before or at the start of sexual intercourse, and before the man wants to.

In serious cases it can lead to depression, frustration and relationship difficulties. PE usually ties in with social anxiety, e.g. the more the man feels 'on the spot' the worse the premature ejaculation becomes. Rest assured at my hypnotherapy practice that it is possible to treat Premature Ejaculation in a number of sessions and without difficulty.



Impotence

Impotence is the inability to sustain an erection sufficient for sexual intercourse. It is also known as erectile dysfunction. Erectile dysfunction is a common and distressing condition that is estimated to affect one in ten men aged 18 or over at some stage in their lives.

The incidence of erectile dysfunction increases with age; 38 percent of men aged between 60-69 and 57 percent of men aged over 70 are thought to suffer from erectile dysfunction.



Treat Vaginismus using hypnosis

Vaginismus, a sexual problem affecting women where sex becomes painful or impossible due to intense involuntary muscular contraction of the muscles around the vagina. Symptoms often associated with vaginismus include a fear of penetration, feelings of frustration or guilt and feeling inadequate.

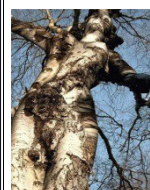
Like many sexual problems in both men and women, persistent symptoms can lead to relationship difficulties.

Using hypnosis it is possible to enable people to have a very fulfilling, enjoyable and intimate sex life, an important part of an adult relationship for most people.



Frigidity

Technically known as Hypoactive Sexual Desire Disorder. Loss of sex drive, lack of interest in sex or low libido can cause frustration and problems within a relationship. One partner (usually female but not always) avoids sexual intercourse, avoids sexual thoughts, has no desire for sex, has a fear of being intimate etc.



Cystitis

Cystitis and repeated urine infections are extremely common in women and are often caused or exacerbated by sexual activity. Chronic cystitis is extremely painful and debilitating because it is usually accompanied by feelings of vulnerability and anxiety. Sometimes cystitis is not caused by an infection but is an inexplicable inflammation and this can make the sufferer feel like a fraud but there is nothing imaginary about the pain as many women can testify.

Orgasmic dysfunction in women

When women fail to reach orgasm even if they enjoy sex it is known as Anorgasmia - the failure to reach orgasm / failure to climax. Sometimes there is a combination of anorgasmia and vaginismus.

Some sessions of hypnotherapy might help to reduce and even eliminate this discomfort of your life and allow you to dance like the woman in this tree.

