

Interview with a Hypnotherapist - Glenn Harrold FBSCH

Where is your practice based?

I have a therapy room at my offices in Borough Green, near Sevenoaks in Kent.

What are your interests and hobbies?

I play tennis three times a week, and occasionally golf and football. I also love writing and recording songs in my home studio and I am planning to put out an album of my songs sung by an exciting singer I met in Australia just recently. I am also planning to make a film this year based around the Law of Attraction with the film company Iconic Productions.



Can you remember the first time you came across the idea of hypnosis?

I used to play guitar in a covers duo on the pub and cabaret circuit. We would occasionally share the bill with stage hypnotists and watching some of these shows from backstage sparked my interest in hypnosis. However, I decided I wanted to learn hypnosis to help and heal rather than entertain.

What did you do before becoming a hypnotherapist?

I was a performing musician, playing on the covers circuit for about 7 years. Before that, don't ask! :-)) I did everything, had a delivery business, drove cabs, had a close shave with pop stardom. Hypnotherapy was always to be my vocation though, I love doing what I do now, even more than playing guitar!

How long have you been using hypnosis to help people?

20 years now. I did the LCCH course in the early nineties and have never looked back!

Do you use self-hypnosis very often?

Yes, sometimes every day when I feel the need. At other times I may use it a couple of times a week. It has transformed my life and still helps me in so many ways. If I have an important meeting or interview I'll do lots of self-hypnosis to get me in the zone.

Do you think hypnotherapy will eventually be used in established medical practice?

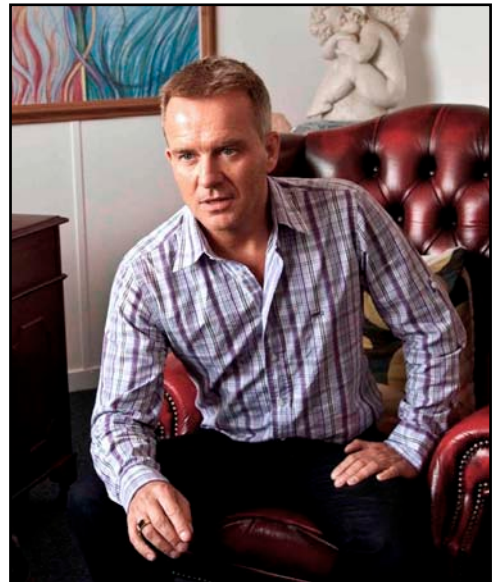
I think it is already. I have heard of many doctors who use hypnotherapy in their practice and over the years there have been many doctors who have recommended my hypnosis recordings to their patients.

Do you have your own theory about how hypnosis works, or a favourite explanation from the commonly accepted explanations?

Hypnosis works when a person's mind is focussed. It is that simple. Hypnosis is a focussed state of attention and when people focus their mind, they experience hypnosis. In a state of hypnosis they can overcome problems and draw out their true potential. Think of the documented cases of mothers who summon super human strength to lift a car off their child who is trapped. These cases demonstrate the potential we have when we enter hypnosis.

Have you had any material published?

I have had 7 books published by Orion here in the UK, which have been released worldwide. I recently got back from Australia and was delighted to see my latest book 'The Answer' in all the major chain stores there. I have also had over 60 CDs/Downloads and Apps published by my own company Diviniti Publishing, Orion and BBC Audiobooks. I have sold 150,000 books and over 2 million audios now.



Do you use background music in your hypnotherapy sessions?

Not in the one to one sessions but I do on my recordings where I use sound frequencies and keys that induce certain states and enhance the trance process.

Do you think clothing is important? What do you typically wear for a hypnotherapy session?

I always wear smart clothes for sessions. Appearance and professionalism are key ingredients for a good session.

Have you had a humorous incident / outcome from therapy?

Back in the early nineties when I was starting out I persuaded a local paper to run an editorial story promoting me and my new practice. The journalist who interviewed me was a bit naïve and refused to look me in the eye in case "I hypnotised her". Because of her misunderstanding of hypnosis I was concerned that the story would be negative.

However, I need not have worried as the following weeks front-page headline read "HYPNOTIST COMES TO SHEERNESS!!" Below this they used a picture of me in my suit, staring straight into the camera with wide staring eyes and a red glint in each eye.

The article did the trick and I was immediately inundated with clients. One of them was a big Scotsman who wanted to quit smoking but was very nervous about being hypnotised. As he was so nervous, I spent time allaying his fears and building rapport like I'd been taught at college.

After a while we were getting on great and his nerves were disappearing. We got on to discussing his hobbies, when all of a sudden he sits bolt upright in his chair fixes his eyes on mine and begins swaying. Then he said in a slow broad Scots accent "oohh, you're doing it to me now". He had gone into the deepest trance I've ever put anyone into and I didn't have a clue as to how I'd done it.

I told him to get up and go and lay down on the couch, which he duly did. I then spent the next 30 minutes going through my stop smoking script, which was completely unnecessary. He was literally about my 3rd or so client and I remember thinking at the time, this Hypnotherapy lark is easier than I thought! It still makes me smile when I think of it.

What is your most remarkable success?

I took on a challenge to hypnotise four celebrities for Closer magazine. The four celebs had various phobias and addictions and I had one or two sessions with each. Each session was a resounding success and the main celeb, Andrea Mclean quit a lifelong chocolate addiction in one session. She hadn't been without a daily bar of chocolate since childhood and two months after the session she told me she actually felt sick at the sight of it. Andrea recorded a video testimonial of the session, which can be viewed on my web site, www.glennharrold.com.

Do you use any of the new digital technology?

My hypnosis recordings now sell as Apps on the Appstore and Android platforms. Sales are better than ever and one of my free Apps was downloaded 700,000 times in 2011. I do feel honoured to be reaching so many people.

Any advice for the newly qualified hypnotherapist?

See as many people as you can, try to avoid close family and friends and ALWAYS charge. If I ever do a discounted session or I want to do someone a favour I still ask them to donate money to charity. If you do free sessions they won't value it. There is no shortcut for experience and the more people you hypnotise the better you will become.

If you could recommend just one book what would it be?

'The Power of Now' by Eckhart Tolle. I met him a couple of years ago in Malibu and he is the real deal! His teachings come from a very pure source.