

# Hypnotherapy for Addiction

Hypnotherapy for addiction is a treatment method used to help recovering addicts and alcoholics at Into Action Treatment. In hypnotherapy, a trained professional gives verbal suggestions to an individual during a hypnosis session in which a person is in a very relaxed frame of mind. This helps to assist individuals in bringing about beneficial changes to their thinking, feelings, emotional perceptions, and behavior. There are numerous advantages that hypnotherapy offers for recovering addicts and alcoholics.

## Major Benefits of Hypnotherapy

One of the main benefits of using hypnotherapy as a treatment method is its effectiveness at helping clients break their addiction to a variety of substances that have proven harmful to the quality of their life including drugs, cigarettes and other tobacco products, alcohol, and food. Hypnotherapy has proven effective at helping clients make permanent changes in their lives and greatly reduce the possibility of relapsing into undesirable behavior patterns.

Another important benefit of hypnotherapy for Into Action clients is its ability to quickly uncover and eliminate the psychological need for destructive behaviors. Hypnotherapy is also important for helping to manage the chronic pain and other physical and emotional symptoms that often drive clients to use unhealthy substances to excess in order to deal with physical and mental instability. Recovering addicts and alcoholics in particular who find it difficult to handle the various stresses in their lives benefit from hypnotherapy as an effective way of helping reduce the level of stress that they feel daily. This makes it much easier to get their problems under control without resorting to old patterns and habits that have proven to be harmful and destructive.

## Hypnotherapy for Addiction

Many issues influencing addicts and alcoholics are rooted in childhood experiences and the negative messages that many individuals allow to influence their daily choices. Hypnotherapy for addiction is a great way to aid the individual in discovering the negative messages that tend to ruin their lives. Clients are then able to take charge to replace negative messages with more positive, life-affirming messages to help conquer a range of addictions. One of the best advantages to pursuing hypnotherapy as a treatment at Into Action is its ability to help the client feel deeply relaxed, thus helping to overcome such issues as insomnia and other sleep problems and disorders that often cause an individual to reach for other substances for relief.

## Hypnotherapy for Drug Addiction

Hypnotherapy is an easy and effective way for individuals to learn how to change their behavior patterns not only to help improve their relationships with others, but also to improve their core relationship with themselves and their perspectives about their life. Hypnotherapy for drug addiction is also useful in helping to treat the symptoms of depression and anxiety in individuals without the use of medications which may cause harmful and unwanted side effects.

**In addition to Hypnotherapy, Into Action uses different therapy methods, including:**

- [Addiction therapy](#)
- [Cognitive behavioral therapy](#)
- [Substance abuse group therapy](#)
- [Art therapy for addiction](#)
- [Trauma resolution therapy](#)

- Rebt therapy
- Individual therapy
- Cognitive restructuring therapy
- Evidence based therapy
- Narrative medical therapy
- Psycho-educational therapy
- Disease model therapy
- Massage therapy
- Psychodrama therapy
- Vibroacoustic therapy
- Harmonial therapy

To learn more about Into Action or hypnotherapy for addiction, please call today.  
Toll Free 1-855-933-6732 or International 1-561-336-2162