



Look Good. Feel Great!
Hypnotherapy – mind over matter

Halt hair pulling!



Dr Casey Chua of HYPNAE CENTER reveals how to overcome subconscious compulsions.

You know you shouldn't do it, yet you can't control it. Why? Because with hair pulling there's a pay-off. First there's tension as you pull, followed by a relaxed, high feeling as the hair follicle detaches from your scalp. Just for that brief moment, it makes you feel good – so your subconscious tells you to do it again. Your conscious, logical mind is no longer in control and over time, you become used to giving in to this urge. The habit becomes reinforced and you find your mind trapped in a cycle of compulsive behaviour, rendering you helpless.

Shame, horror, disgust and fear are all feelings commonly felt by those who pull their hair. You imagine yourself to be weird and deviant, because you get pleasure out of something like this. You spend an inordinate amount of time covering your dark secret, imprisoned by guilt and always panicking when your hairdresser or others notice a thinning spot. You feel as though nobody understands your frustration and you wonder if you are close to permanently losing your will and self esteem.

But don't despair. You're not alone and you're not mad. There are millions of people like you and there is a cure! Hair pulling (*trichotillomania*) is a medical condition affecting one to three percent of the population – mostly female. It isn't a "habit" which can easily be stopped, however, hypnosis has proven highly effective in treating hair pulling. This is because your subconscious mind can be gently reeducated during hypnotherapy, empowering you on a deeper, inner level, erasing any past feelings of failure. Negative emotions are released and limiting beliefs such as, "I'm not strong enough to overcome this" or, "I can't have a full head of beautiful hair" are banished. Hair pulling becomes equated with something negative, such as nausea. And just as counselling helps correct behaviour, hypnotherapy works by changing the impulses from within. Underlying reasons are determined and the elimination of the problem can then be worked upon. Over just a few hypnotherapy sessions, you'll notice your hand will no longer creep surreptitiously up to your head. And don't worry, research shows hair almost always grows back naturally – once the urge is finally curbed. Free yourself now, with hypnotherapy. **F**

You are not responsible for the fact that you have trichotillomania, but you are responsible for how you approach it. You can either decide to be a victim or learn to walk with grace. Christina Pearson, Founder/Executive Director of the Trichotillomania Learning Center

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