

Your Bladder Health



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Think Positive by Bob Flack and Mike Uttley DHP.HPD.MNCH (Reg) CNHC

Bob Flack has suffered from IC for 17 years. After recently relocating to Devon he has sought help from a hypnotherapist. He has shared the results of his consultations with us.

As an IC sufferer of many years, I have tried many treatments both sourced personally and some recommended by COB members. A few years ago following my fourth operation, I was told that in future I would need to concentrate on tablets and diet. This, I have been doing with varying degrees of success. Especially important to me has been a massive effort to control eating habits, and indeed "bland is beautiful."

Earlier this year I was at a really low ebb and feeling completely negative and alone. It was at this point that a chat with my son who lives in America proved a turning point. We are all aware that one size does not fit all, but I was willing to listen to different possible remedies and whilst the NHS is excellent, it cannot always provide the answers.

My son had recently had some treatments of hypnotherapy and spoke very highly of the procedure. I decided that it was worth giving a try, and have been going on a weekly basis for over two months. To give you a little idea of my progress now, I used to have a flare-up at least once a week, but since the hypnotherapy only two in eight weeks which is marvellous!

Allied to this, I have undertaken a new course of treatment, which you can find on the web under "The Guide to Supplementing with Iodine" by Stephanie Buist. To date, this new regime has proved to be brilliant and I have suffered no side effects with the tablets. In truth, I feel a new person and am able to get out much more into the lovely Devon countryside without constantly worrying about finding the nearest loo.

The most significant thing to arise out of these treatments is that you can feel so positive about the future with a few little successes. I am in a really good place at the moment, and am looking ahead with renewed hope. I would advise anyone to give hypnotherapy a try – also to purchase a CD to listen to each afternoon for about 30 minutes – it is working for me!

From the team: Thank you for your story Bob - we all hope you will continue to be well!



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Mike Uttley

Mike Uttley is a Hypnotherapist who has been working with Bob to reduce his symptoms.

Robert came to see me back in June this year suffering from Interstitial Cystitis. This was having a big impact on his daily life and he was feeling a loss of hope. He had seen Consultant Urologists but the symptoms persisted and were affecting his enjoyment of his retirement here in Devon.

The condition prevented him from going out and engaging in the simplest things, such as taking his dog for a walk with his wife, enjoying a round of golf, going out for a meal or having a weekend away. He was almost a prisoner in his own home.

I offered a free initial consultation which enabled Robert to ask any questions about my hypnotherapy. It also gave us an opportunity to get to know each other and discuss how I could help.

After the consultation Robert felt comfortable enough to have his first hypnotherapy treatment. The next time he saw me it was apparent that things had already improved and his wife Heather, had noticed too.

Hypnotherapy is a progressive treatment and improvements happen over time, although sometimes immediate and powerful results take place. Hypnosis, for many years has been used successfully to anaesthetise people for both dental surgery and general surgery

In the hypnotherapy process, it is very important to encourage people to focus away from themselves. When we have either mental or physical discomfort it is natural to have our attention drawn to the sensations or pain that result from the problem. This intensifies those feelings and they become ever more present in a persons thoughts. The effect of this creates a spiral that exacerbates the difficulty allowing the situation to continue or deteriorate.

Over the time I have been seeing Robert, he has changed the way he thinks about his situation and it is becoming less and less of a difficulty for him as time progresses.



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I practise "Solution Focused Hypnotherapy," which encourages the client to recognise and utilise their existing strengths and resources. In combination with the encouragement of imagination and visualisation, this creates a powerful framework where change can take place easily. When people begin to imagine and believe that things can be different, what they once believed to be impossible becomes, not only a possibility, but a reality.

I encourage my clients to use their minds in ways that support and encourage what they would like to happen in their daily lives. I really believe that this enables those changes to take place quite quickly.

About Mike Uttley

I am a member of the National Council of Hypnotherapists (NCH) and the Complementary Natural Healthcare Council (CNHC).

The NCH has a facility where you can search for a professionally qualified Hypnotherapist on their website:

www.hypnotherapists.org.uk

The CNHC website is: www.cnhc.org.uk

If anyone reading this would like to ask me any questions I will be happy to answer if I can.

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