

Hypnosis For Adult Learning And Literacy

One in five adults in the UK is deemed to be functionally illiterate. That's nearly seven million people left unable to cope with modern society due to missing out on basic skills. Over one million adults have a reading age lower than a seven-year old and research shows if they have kids this has an impact on their children's literacy too. Illiteracy can lead to depression, crime and financial difficulty. Hypnotherapy may have the techniques to help with this escalating problem. Government funded schemes to help children with basic skills (reading, writing) have been rolled out across the country with encouraging results. Parents who struggle with literacy are left to catch up and the traditional adult education techniques may prove frustrating (especially as children have the capacity to learn faster). Accelerated learning through hypnosis can aid the rate at which you learn by targeting the subconscious. One frustration for adults looking to improve literacy is the rate at which they can learn. Trying to overcome years of missing out on basic education takes time as the brain has to make new connections to improve reading and writing skills. Everyone has the capacity to absorb new information, no matter what the age, but for some adults struggling with literacy there are other factors that need to be taken into consideration. There may be emotional blockages that need to be identified and overcome before the adult can learn at a successful rate. The root cause of illiteracy may lie in emotional baggage about the learning process. Childhood experiences of education, or personal problems related to education, can be hidden away in the mind and need to be explored before learning can take place. If the parent's parent had problems with literacy and projected their frustrations onto their child, this could prove to be the root cause of their learning difficulties. Hypnotherapy opens up the subconscious mind where these events lay dormant, only resurfacing when something negative triggers it. Confronting these memories under hypnosis is a non-threatening way to understanding them and changing their perspective. Many adults with poor literacy also have trouble concentrating and later remembering what they've been taught. An improved memory capacity leads to better learning rates as the person begins to recall facts and figures more easily. Effective learning is also achieved through self-belief in the individual's capabilities. A lifelong aversion to learning or inability to learn can be detrimental to self-esteem and confidence. Hypnosis techniques can improve concentration and recall as well as boosting self-esteem. Hypnotherapy and specialist hypnosis accelerated learning techniques can give adults with poor literacy the skills and confidence they need to turn their life, and their children's life, around. Hypnosis can place the mind into a state whereby it is receptive to learning and increasing confidence. Hypnotherapy can install a new subconscious level of belief in learning by removing barriers that have previously been blocking the way. Hypnotic accelerated learning can also increase the speed at which adults can learn and ensure the skills and knowledge are understood and retained. If you know of someone who wants improve their literacy, consider a hypnotherapy consultation to see how hypnosis can aid their learning process and give their self-confidence and lifestyle a much needed lift.

About the Author

Shaun Parker is a leading hypnotherapist in London, with many years of experience in the hypnotherapy industry. Find out more about hypnotherapy at <http://www.gotosee.co.uk/therapies/Hypnotherapy.htm>

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