

Counselling
Psychotherapy
Hypnotherapy
and TFT



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What is Hypnotherapy

Hypnotherapy is a naturally relaxed state of mind, during which you will be in control and fully aware of what takes place.

The effect of Hypnotherapy is similar to day dreaming; thus allowing the therapist to access your subconscious and helping you to make the changes you want to make.

Nobody can be hypnotised nor accept suggestions against their will.

The Advantages

Hypnosis is drug free and has no side effects. Successful treatments can usually be accomplished after a few sessions.

Hypnotherapy, TFT, Counselling and psychotherapy can help with the following

- Fears & Phobias
- Breaking unwanted habits like nail biting, smoking, and nocturnal enuresis
- Abuse
- Weight Change
- Stress & Anxiety
- Relationship Issues
- Boosting Confidence and Self Esteem
- Addictions
- Exam & Driving Nerves
- Pain & Anger Management
- Grief & Loss
- Depression
- Sports Performance
- And many more...

Hypnotherapy can be effective for most adults and children of school age reaching the cause of issues.

- **All consultations are strictly confidential.**
- **Free initial consultation**

The general Hypnotherapy Register is an organisation that governs the Code, Practice and Ethics of its Members

*Relaxation and tranquillity
bringing a sense of harmony
to your mind and body*