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HYPNOTHERAPY



Hypnotherapy is a natural state of deep relaxation in which the mind becomes detached from everyday cares and concerns. It feels just like those mornings when you wake up a little early and can luxuriate in that extra five or ten minutes in bed. Using Hypnotherapy harnesses the power of your unconscious mind. It can be used to relieve symptoms and alter unwanted behaviour patterns.

WHY HYPNOSIS?

In a world of constant change, we often find ourselves stuck in a rut or with little or no choice about who we are and what we do. Have you ever wanted to change one area of your life which would, when addressed, cause a major change in all areas of your life? Hypnosis offers multiple techniques that can release limitations so allowing you to realise your ideals. It can provide change at an unconscious level, creating desired behaviours that arise automatically.

WHAT AREAS CAN BE HELPED?

Addictions *	Fear of flying	Post-Traumatic Stress Disorder *
Alcohol abuse *	Insomnia *	Quit smoking
Anger management	Irritable Bowel Syndrome	Relaxation
Anxiety *	Low self-confidence *	Sleep disorders*
Blushing	Low self-esteem	Sexual issues *
Chronic Fatigue Syndrome *	Obsessions and compulsions*	Sports performance
Depression *	Pain management *	Stress *
Drug abuse *	Panic attacks *	Stuttering *
Eating disorders *	Phobias *	Tinnitus *
Exam nerves		Weight loss

* If you have been diagnosed with or suspect you may have one of the medical conditions starred above, you should consult your GP for advice, diagnosis and treatment and always inform your health professional before starting any alternative or additional therapies or treatments.

FREQUENTLY ASKED QUESTIONS

Can anyone be hypnotised?

Yes, most people can providing:

- (a) they wish to be hypnotised, and
- (b) they cooperate with the instructions given

Are there any unwanted side effects?

No, only the natural power of your mind is used to help relieve symptoms related to your condition and alter unwanted behaviour patterns. Hypnotherapy is non-addictive and safe with no unwanted or unpleasant side effects.

Will I be in control and aware of what is happening?

Yes, all the time. You do not go 'out' or 'under' and are unlikely to fall asleep. You are not unconscious; you are in an altered state of consciousness. You can hear everything that is being said. Nothing happens without your consent—you have absolute control. However, you are extremely relaxed.

Could I be influenced to do anything against my will or nature?

No, if you were asked to do something against your will or nature whilst in trance you would simply ignore the suggestion or decide yourself to come out of hypnosis.

How many sessions will I need?

Smoking cessation may take one or two sessions. More deep rooted problems require more sessions. A free initial 15—20 minute consultation is available to assess the problem and determine your needs and the likely number of sessions.

About Graham

Graham Lee is a Clinical Hypnotherapist, a Practitioner of NLP Professional Coaching and a Teacher of Mindfulness Meditation. Graham is committed to improving the lives of others in need of help. He studied hypnotherapy at the Central England College of Clinical Hypnosis where he gained his Diploma in Hypnotherapy (Dip.Hyp). He practices at several clinics which offer a safe, comfortable and confidential environment. He is registered with the NCH and CNHC.