



### **What happens in a session?**

All sessions start with an informal chat about where you are now and what you want to achieve. Everyone is different and it's important for me to understand what's affecting you in particular and what you want to get out of our sessions together. If this isn't your first session we'll also review what's improved since the last session.

This is followed by a session of hypnosis. Hypnosis is really just a state of inward focused attention (see more in FAQs) which I help you relax into by telling you a story or talking you through some relaxing exercises using your imagination. You will continue to be fully aware during the hypnosis session itself which will involve following along with exercises using your imagination and listening to me talk and make suggestions. It's a very relaxed state and you may find your mind wandering which is perfectly normal.

Following the hypnosis session I gently reorientate you to the room (it can feel a bit like waking up after a sleep as you've been still and quiet for a while). If you haven't experienced hypnosis before you'll be surprised how familiar and relaxing it feels.

### **How does hypnotherapy help?**

Hypnotherapy helps by making changes on the unconscious level. We all have a part of our brain which runs below the level of conscious thought. It keeps your blood pumping, regulates your breathing, moves the muscles in your legs to walk.

When you learn something well enough that it becomes automatic such as tying your shoe laces, driving a car, keeping your hands away from fire, the activity is taken over by the unconscious part of your mind which creates an automatic programme so you don't have to think about it consciously. When it works well it saves us a lot of conscious effort.

However sometimes the processes that the mind makes automatic aren't useful such as panicking every time you have to speak in public or interpreting anything that doesn't work out as meaning you're stupid. With hypnotherapy we can reach this unconscious part of the mind and correct unhelpful programmes.

### **How many sessions will it take?**

It really depends on the issue and the individual person. Hypnotherapy is usually quite a short term therapy unlike counselling or psychotherapy. Two to four sessions is often sufficient for many people although there are exceptions. (The equivalent of less than a day to make a significant change to your life.) You should notice a difference from each session which will let you know that you're making progress.



### **What can hypnotherapy help with?**

Hypnotherapy can help with any problem that would be eased by a change in perspective, thinking or feeling. For example a phobia can be helped with hypnosis because when you don't have the fear any more it's not a problem. Similarly social anxiety or low self-esteem are no longer a problem when you feel, calm relaxed and comfortable in your own skin.

### **What if I need to cancel an appointment?**

If you let me know that you would like to cancel or change your appointment more than 48 hours in advance of your session then I can do that for you without any charge. However if you cancel or make changes with less than 48 hours notice there will be no refund.

### **Where do sessions take place?**

I practice hypnotherapy in Haverhill Suffolk. CB9 I am situated in the borders of Suffolk, Cambridge and Essex. I also offer Online Sessions Via Zoom.

### **Build Your Self Esteem**

Hypnosis is a relaxing and safe process that involves redirecting the attention of both the conscious and subconscious mind. The aim of hypnosis for self-esteem is to identify and challenge patterns of negative thinking. It also encourages positive changes through the power of suggestion. Once you're under hypnosis, a hypnotherapist will present various hypnotic suggestions, visualisations and other techniques. These help to promote positive thoughts, attitudes and beliefs that support a healthy self-esteem.

In the deeply relaxed state of hypnosis, your subconscious is more accepting of suggestions to change. By identifying your problems and goals in an initial conscious enquiry, a hypnotherapist can tailor their suggestions to meet your needs. In the case of hypnotherapy for self-esteem, the primary aim is to encourage self-empowerment and reduce negative self-talk. Thus promoting the development of long-term, healthy self-esteem.

### **Depression and Hypnotherapy**

The aim of hypnotherapy as a type of depression treatment is to target the root cause of the issue and to develop better coping behaviours. In most circumstances you will usually forget or suppress the cause of your depression because of the association with negative feelings. It's not difficult to forget an event on a conscious level, but it is on a subconscious level. This is why it's best to confront the issue head on, rather than burying it, which can worsen your depression.

Hypnotherapy connects directly with the subconscious mind. Your hypnotherapist will address your perception of the event that has caused you to become depressed with the aim to improve your self-esteem, mood and help you gain your independence back. These are only a few of the many conditions, hypnotherapy can help with.

Contact me for more details.



### **Is this you?**

I want you to know that I understand. I treat each client differently. I use the consultation to build up a picture of what you want from life then we work together to get you there.

Can you relate to any of the states below?

Do you dislike yourself? Do you think that you don't deserve happiness....Well think again. You are you and you deserve every happiness, so go out there and get it. I will help you. Together we will start your next chapter.

Have you ever made excuses not to go out because your friends are so much better than you? They are not. We are all different, but we have one thing in common. We all deserve to be happy. Work with me and together we will make you smile again.

Do you live behind a mask? Imagine stepping out from behind that mask that you are wearing. Imagine actually being you, but the you that you want to be. You are entitled to live the life that you deserve. So live it.

Not going out again because you're not in the mood? Missing out on social gatherings because you just don't feel up to it? With a change of mind You will feel up to it, you will get out there and start living again. It maybe easier than you think.

Do you sit there scrolling through you're news feed, hoping no one notices what's going on inside...Lack of self esteem, No confidence no self belief. That can all stop. If we work together we can change all of that. It' all inside of you we just have to release it.

How long can you feel the way you feel? How long can you ignore and tell yourself it will get better, but it doesn't. How long can you let it get in the way or keep you stuck? You don't have to do that a minute longer. The minute you decide something needs to be different, then everything starts to change. Why not send me a message and let's chat about how we can work together to help you feel better.

Do you feel like you're treading water, struggling to stay afloat? Maybe you feel like life is weighing you down and holding you back, and every step is hard work. Maybe you feel lost and confused about where you should be going. Maybe you just need someone to hold your hand, while you find your feet again. Sometimes life can happen. It can knock us off course. It can leave us feeling overwhelmed but the good news is that you don't have to stay feeling like that. It can get better, you can ditch the stuff that's keeping you feeling that way and you can feel better – whatever 'better' looks like for you. It all starts with you deciding that you want something different and taking the first step and then I can help you find your happy again.



I get how your thing is affecting you. I get it impacts on every area of your life. I get the you want to get rid of it but you've had it so long you might not even believe it's possible. But imagine it...life without your thing. What would you do? Have? Feel? How different and amazing would life be? You don't have to dream about it, you can have that life. You can have all those things you want. Simply by removing that thing. Now, you might have spent a fortune and tried everything, but you haven't tried working with me. I help people like you every day. You're not alone. I've got your back, I can hold your hand, I can make it better. All you need to decide is that you want that new way of feeling more than you want to feel the way your feeling....and really, that's exactly what you want isn't it? All you need to do is decide and get in touch. Ready?

No matter what's happened in your life, no matter what you've been told, YOU get to decide who you are. And it's never too late to rewrite your story and give yourself the happy ending you deserve.

You might know why you're feeling the way you're feeling or you might not have any clue but that's ok because you don't need to know. You just need to know you want to feel differently and I can help you work out what that looks like and how to get there. We can do it together.

### **Working with Me**

The beauty of hypnotherapy and IEMT is that it's quick. It is in my interest to get you to where you want to be as quickly as possible. Then you can tell your friends and they will tell theirs. Hypnotherapy will take on average 2 to 4 sessions and IEMT which is non hypnosis takes just two sessions.

Initially for hypnotherapy I offer a free 30 minute consultation. From that consultation we work out just how many sessions you would need or whether one of my packages would suit you better. Details of all I offer can be found by scrolling down. If you have a question please feel free to contact me or visit my FAQs

### **One to One Sessions £75.00 per session.**

One to one sessions here is Haverhill Suffolk. in most cases a minimum of 2 or 3 sessions are needed and in the price of 2 or more sessions I will include a sound file for you to keep.

### **Kinetic Shift £99.00 Per 90 minute session.**

Kinetic Shift Session A fantastic way of releasing a trauma or a past occurrence that has shaped your life. A 90 minute intense session that will not only allow you to release that issue but will give you the tools to move on in life.



### **Online Sessions Via Zoom or Skype. £60.00 Per Session (Lockdown Special)**

Online sessions are as effective as one to one sessions. The advantage for you is that you don't have to travel, you can be in your favourite chair and perhaps being in your own surroundings you will relax even more. More about Online Sessions.

### **IEMT £150.00 for the 2 sessions.**

What is IEMT? How can IEMT help you overcome trauma? First of all, let me point out this is not trance work. I'm a qualified hypnotherapist but this therapy is non-hypnotic and allows change to happen.

### **Mirror, Mirror £250.00**

A Confidence and Self-Worth Package for Women. Unique Confidence & Self-Worth Packages Doubt, Do One for Men. Mirror, Mirror for Women. This is a three session package consisting of one 90 minute session, followed by two 60 minute sessions and a 30 page PDF E-book and audio file. which will continue to help you long after the sessions are finished. Each session is constructed around the client based on their needs and their lifestyle. The confidence is inside you. I just help to bring it out. 3 Sessions inc E-book and audio file.

### **Doubt. Do One £250.00**

A Confidence and Self-Worth Package for Men. Unique Confidence & Self-Worth Packages Doubt, Do One for Men. Mirror, Mirror for Women. This is a three session package consisting of one 90 minute session, followed by two 60 minute sessions and a 30 page PDF E-book and audio file. which will continue to help you long after the sessions are finished. Each session is constructed around the client based on their needs and their lifestyle. The confidence is inside you. I just help to bring it out. 3 Sessions inc E-book and audio file.

### **Restore Factory Settings £300.00**

I come from an IT background. And you know what, My hypnotherapy & IEMT practice is pretty much the same but now I hit restore factory settings with a human mind instead of a mechanical hard drive. Just like I did in the old days, I delete old files but with the mind they are memories and emotions that have got left behind long after they served a purpose. However it's not just about deleting old files. It's about making huge changes. The Price is for 4 sessions.



### **IEMT 2 Sessions £150.00**

IEMT – Integral Eye Movement Therapy is effective change work – that works swiftly to de-charge negative memories, reduce negative emotions, post traumatic stress and work on disempowered ideas around identity.

### **Blueprint £175.00 for 2 sessions**

A fast and effective way to release the burdens of the past. Content Free so even if you don't know the reason you feel the way you do. your subconscious will. The Blueprint Mental Reset Have you ever dreamed about resetting your mind so that all the bad stuff from the past can be removed? The Price is for 2 sessions.

### **Restore Factory Settings. £300 for a 4 session Package Book Now**

Let's get you back up and running.

4 sessions either one to one or Via Zoom plus an e-book plus sound files all for a single payment of £300. And by committing to the 4 sessions I also give to you my Peace of Mind Guarantee. Which give you remote access to me. So should circumstances change or you feel something isn't quite right, you will be able to contact me and we will work on a solution for free for 12 months.

### **Oi Fat Off £300.00**

Oi Fat Off can be done at home. It consists of 7 audio files. a 16 page e-guide which includes help and advice and even meal planning recommendations.

### **Oi Butt Out! £300.00**

A single intense Session Package which not only includes stop smoking hypnotherapy sessions but also PDFs to back up our sessions together along with sound files for Peace of Mind should you ever feel that you are slipping back to that dark place of a smoker.

### **Anxiety Freedom System £99.00 All inclusive price.**

Anxiety Freedom System. A system that gives you Unlimited access, in your space at your own pace to The Anxiety Freedom System. If you follow all the steps and give it your undivided attention you will overcome Anxiety, Panic Attacks and the many physical sensations and swirling thoughts.



### **Do online sessions work?**

I have always offered online sessions and I can honestly say YES, they work.

If you are unable to get to me or for any reason feel uncomfortable in a one to one sessions. Then online sessions using Skype or Zoom may just be the answer you are looking for.

What do you need for an online session?

Video conferencing software. such as Zoom or Skype

A good WIFI connection

Somewhere quiet that you can relax and not be disturbed.

And that's it.

We will have a phone consultation first, make a date and time that suits you for the session. even if it's late at night once the kids are bed, that's not a problem. The fee can be paid by BACs before the session. Once all that is in place, all you have to do is relax and let change happen.

I look forward to hearing from you.

### **What is IEMT?**

First of all, let me point out this is not trance work. I'm a qualified hypnotherapist but this therapy is non-hypnotic and allows change to happen.

IEMT – Integral Eye Movement Therapy is effective change work – that works swiftly to de-charge negative memories, reduce negative emotions, post traumatic stress and work on disempowered ideas around identity. IEMT essentially works as the client holds the problem and its imagery in mind whilst being led to move the eyes in different directions – (along the axes of how we process information). This brief and simple method can lead to rapid release and relief. IEMT tends to work very well for trauma, phobias, anxiety, depression and feeling over-reactive. IEMT often succeeds in bringing positive change where traditional therapy has not worked.

Feeling both more calm and more empowered after sessions, my clients have been surprised at how effective IEMT has been for clearing the grip past trauma has had over their lives. We've also worked successfully on lessening anxiety over both current and anticipated situations, tricky relationships, and feeling more able to step out of victimhood, to focus on creating more of what they want in their lives. Change using IEMT on adults and children who have been; victims of sexual abuse, domestic abuse, attacks and victims of terrorist attacks has been especially beneficial.

Let's work together.

Life has two rules.

- 1.Never quit.
2. Always remember rule one.