



Henley Clinic Ltd | 24a Tuns Lane | Henley-on-Thames | Oxon | RG9 1SA

HYPNOTHERAPY AND RELAXATION THROUGH HYPNOTHERAPY Fact Sheet Prices range form £75.00

Hypnotherapy- an alternative therapy for emotional & physical health and wellness

Hypnotherapy is a very effective alternative therapy. It allows you to access the subconscious mind and 'programme' it to react differently to emotions and situations. It improves your ability to relax and be more open to change and put behind you things that are preventing you lead the life you want. It helps you to see a more positive future, to only hear positive and encouraging voices in your head and to approach every situation with confidence and happiness.

A hypnotic trance is similar to daydreaming or 'gazing into space' and as such is a very pleasant experience.

We use Hypnotherapy for the following:

- Fears & phobias
- Anxiety-related conditions
- Insomnia
- Lack of self-confidence
- Pain management
- Panic attacks
- Giving up smoking
- Anger management
- Improving sporting performance
- Weight loss
- 'Bad' habits
- Making changes in your life
- Overcoming 'living in the past'
- Stress management
- Time management

The Therapy

The first session will last 2 hours.

We will thoroughly discuss what you want to achieve and help you set strategies to achieve them.

We will help you with visualisation and any other NLP techniques, which you can practise on your own.

We will discuss and agree exactly what will be covered under hypnosis.

You can then sit or lie down for the hypnosis session. You will be in complete control at all times. You will be 'counted out' of the hypnosis so that you leave the session fully alert, motivated and re-energised.

We will agree what techniques you can practice.

Some people and conditions just require one session.

Typically 4 or 5 sessions can effectively treat most things.

Subsequent sessions last one hour, unless they are only wanted for relaxation purposes, in which case half hour sessions may be booked.

Note: under hypnosis we do not make people regress into their past. In the spirit of NLP, we believe this is unnecessary and in some cases harmful.

Pamela Carvell is a certified Hypnotic Practitioner & a Master Practitioner of NLP, both awarded by the Society of Neuro Linguistic Programming. She also has a BSc Hons in Management Sciences.

Please note we do not treat the following:

Conditions of a sexual nature, drug addiction, serious depression, overcoming grief or anybody who is on any form of mind-altering medication.

Relaxation Therapy for emotional & physical Wellness, through Hypnosis

We live in a world where too many people are stressed for too much of the time. There are many relaxation techniques and ways to manage stress, and hypnotic therapy is a very effective one. With hypnosis, relaxation can be achieved very quickly, leaving you relaxed and re-energised. Unlike many other forms of relaxation, this requires no effort on your part and no physical contact between the therapist and client. It takes less than an hour and the client can also learn from the experience so that you take away relaxation techniques to use in daily life. Hypnotic therapy is great for stress management and for your overall health and wellness and it is a very pleasant experience

If you would like to know more about Hypnotherapy and/or Relaxation Therapy you can book for a completely free and without obligation 15 minute consultation.

***ASK AT RECEPTION OR SIMPLY CALL US ON
01491-573344***