

How Can Hypnotherapy Help?

These are just some of the issues that hypnotherapy can deal with, the list is extensive. If you can't find what you need, please contact Susanne; she will be happy to answer any queries.

Smoking cessation

Stop smoking in ONE session. Change the way you think and feel about smoking. Break the habit without the withdrawal symptoms.

Phobias, fears, panic attacks and anxiety

Change your perception and eradicate fears and phobias. Take control and eliminate panic attacks and reduce anxiety.

Confidence, self-esteem and false beliefs

Increase confidence and self-belief. Build self-esteem, inner strength and feelings of worth. Replace negative beliefs and thought patterns for more positive ones. Deal with life in a more positive and productive manner.

Stress

Reduce and eliminate stress. Take control of your negative beliefs, feelings and thought patterns. Increase feelings of relaxation, calm and general wellbeing. Feel more able to cope with the challenges in life.

Exam stress and nerves

Reduce stress and anxiety around revision and exams. Increase memory retention and retrieval. Build confidence and belief in your abilities. Eradicate fear of failure. Effective for all exams and test situations, including driving tests.

Public speaking

Reduce stress, tension, fear and feelings of self-consciousness. Gain confidence to speak out and give presentations, address groups, give lectures or perform on stage.

Sleeping problems

Increase relaxation, clarity and calmness of mind. Learn effective yet simple techniques to enable you to get a good night's sleep.

Alcohol addiction/reduction

Stop or reduce alcohol intake. Take control and increase positive feelings in connection to a reduction of elimination of alcohol in your life.

Relationship issues (Hypno-counselling)

Release stress and negative emotions. Gain clarity and perspective and increase inner strength in order to make decisions. Attend individually or as a couple.

Grief (Hypno-counselling)

Help, support and guidance through the grief process. Release fear, anger and feelings of helplessness. Come to a place of acceptance and learn to live with your loss.

Post-abortion issues (Hypno-counselling)

Release the grief, guilt and emotional trauma associated with this socially negated loss. Come to a place of acceptance and completion in order to move on with your life.

Pain management

Reduce and control pain for ongoing, diagnosed medical conditions, such as arthritis, chronic headaches and back pain.

Fertility (unexplained infertility)

A safe and natural way to increase your chances of conception, providing there is no medical reason.

IBS

Reduce and in some cases even eliminate symptoms of IBS. Hypnotherapy is the most successful treatment to date for IBS.