

Hypnotherapy, NLP and CBT

Chris Sutcliffe Dip.Hyp Dip.NLP CNHC GHR

Hypnotherapy

Hypnotherapy can help you manage many aspects of your everyday life such as improving your confidence and self-esteem, freeing you from anxiety and panic attacks and other life challenges such as public speaking, stopping smoking, losing weight or dealing with a phobia. Hypnotherapy is a nurturing and empowering process that allows long term change to occur in peoples lives. You will find that your self-esteem, self confidence and your general feeling of well-being will improve whatever area of your life you're working on. It is used to enhance performance by sports personalities, business people and public speakers alike. It has become increasingly more acceptable and available to ordinary people who are turning to Hypnotherapy to help them deal with various issues such as weight loss, stopping smoking, anxiety, panic attacks and many other health-related issues.

What is Hypnosis?

Hypnosis is a completely natural state of mind, a deep state of relaxation similar to the feeling one experiences when ready for sleep – relaxed and comfortable. If you have practised meditation or yoga you may have experienced something similar. Within a therapeutic setting, hypnosis is induced by a Hypnotherapist through a process of guided relaxation. As a result the client goes quite naturally into a trance state, providing the ideal frame of mind to bring about beneficial changes. When practised regularly self-hypnosis can help to reduce our levels of background stress and anxiety.

What is NLP?

Neuro-linguistic programming (NLP) is an approach to communication, personal development and psychotherapy created by Richard Bandler and John Grinder in California, USA in the 1970s. NLP is used for personal development, for success in business and used extensively in coaching and sports performance. NLP is the practice of understanding how people organise their thinking, feeling, language and behaviour to produce the results they do. NLP provides people with a methodology to model outstanding performances achieved by exceptional individuals and leaders in their field. It is commonly described as 'software for the mind'. When combined with Hypnotherapy the changes brought about using NLP are quick and lasting.

What is CBT?

The principles of CBT remind us that the responses to situations and events we experience during our lives are influenced by our underlying thoughts and beliefs. The techniques used during CBT allow us to examine and challenge those thoughts and beliefs so that we can bring about changes in behaviour which are helpful to us. The CBT approach is a collaborative one with the client taking an active role in the planning and reviewing the course of therapy. CBT frequently involves 'homework' in the form of diary keeping and behavioural experiments to encourage the client to maintain the motivation towards change. CBT has been extensively reviewed by the National Institute for Health and Care Excellence (NICE) who have recommended CBT as an effective therapy for a range of anxiety-related conditions.

Initial Consultation

It is important that the client feels comfortable with the therapist and we offer a FREE 30 minute consultation during which both the client and the therapist assess whether they can work successfully together.

Appointments can be made at The Natural Healthcare Centre on **01283 516 444**

To find out more about the services we offer please visit our website at: www.burtonhypnotherapy.co.uk/