

Hypnotherapy

Laura Baines Dip Hyp

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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.

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**