



Introducing Hypnotherapy Works

I have seen some **phenomenal** results with clients using hypnotherapy. Long gone are the days when hypnosis was used as a one trick 'quit smoking' pony (although hypnosis remains the leading method to stop the smoking habit). **Hypnotherapy is now used successfully for a wide range of issues, with the current favourite of the hypnosis world being the 'Virtual Gastric Band' or Weight Loss using hypnosis.** Did you know that many of the worldwide Olympic teams have arrived at the Olympic village with their own hypnotherapists in tow, providing mental support with sports coaching and mindset strategy?

Hypnotherapy is a leading method by which to change negative mindsets and bad habits, replacing them with more constructive, long lasting and positive patterns of behaviour. **I have had great success using hypnosis for weight loss, stress management, relationship difficulties, career coaching and goal setting, fixing phobias, insomnia, pain management, improving childbirth, stopping smoking and sports coaching as well as for performance related anxieties such as public speaking, exam nerves and even pre-wedding jitters!**

Hypnotherapy is a gentle and yet very effective process. In order to get the best out of the experience it is vital that you feel completely comfortable with your therapist. For this reason I offer an initial free consultation where you can meet me and find out more. **I am fully qualified, insured, registered and compliant with the GHR (General Hypnotherapy Register).** I work a non-judgemental way and with total client confidentiality. You can visit the peaceful surroundings of my therapy room (based in Bicknacre) and together we can decide what improvements you would like to make and what you want to achieve.

Next month I will be focussing on how I can help my clients conquer their Phobias. Find out how my client fared when having to face his most dreaded fear ... travelling on holiday via aeroplane!

"If you think you can, or you think you can't...then you're probably right!"

I look forward to sharing more with you through my next article.

Nicola Beattie, Clinical Hypnotherapist & NLP Practitioner at Hypnotherapy Works

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