



## Banish that phobia!

People are often astonished when I say that working with Phobias is one of my favourite areas. This is simply because most phobias are cured very rapidly and if that isn't job satisfaction then I don't know what is!

Now that summer is fast approaching (finally!) phobia season has begun... now what do I mean by that? Quite simply this is the time of year that many people start considering the realities of their summer holidays...and the logistics of getting there (not to mention the season for al fresco living and the joys of free range insects and arachnids!)

I had a lovely client last year who came to me with a fear of flying which she wanted to overcome as her son lived in Thailand and the urge to see him was now greater than her fear which had kept her away for the last few years.

Within 2 sessions we used a variety of techniques which reprocessed and desensitised her feelings towards the phobia and applied other strategies to analyse and neutralise fears as well as teaching relaxation and breathing techniques. It was wonderful to receive an email, wishing me a very Happy New Year (from Thailand) saying what a fantastic flight she had had and that she was even planning the next trip!

One of the most rewarding aspect of working with this client was that I received a number of emails\* from her over the next 6 months thanking me further because she had discovered that she was now able to do many other things as a direct result of her treatment that she had previously considered impossible.

I find that this response is quite typical when using Hypnotherapy; much like throwing a pebble into a lake... the ripples are far reaching. For example when I work with Weight Management, as well as working with issues around food, what is equally noticeable are the increased levels of confidence and esteem as well as noticing that general stress levels are much improved.

I say relax...Your body loves it!

\*The original feedback can be found in my website testimonials section)

Next month I will be talking about using Hypnotherapy to create a Positive Childbirth experience.

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