

What is Hypnotherapy?

Hypnotherapy, as practised by well qualified experienced therapists, is an effective treatment for a wide range of conditions.

It utilises the natural and normal (but powerful) state of deep relaxation (hypnosis) to access the deeper levels of the mind so that you can achieve your goals.

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Holistic Hypno-psychotherapy



DipCHyp, HPD, Cert.Anx.Spec.

Cert.E.Hyp, AdvEFT, Cert.Couns

Your Local Practitioner

Your local practitioner has trained with the **National College of Hypnosis & Psychotherapy**, one of the longest established (1977) and most respected hypnotherapy/hypno-psychotherapy training institutes in the world.

Your practitioner is a member of the National College Student and Alumni Guild.

Membership Levels

Licentiates NCSAG(Lic): have completed all requirements for the Certificate in Hypno-Psychotherapy (**CHP(NC)**)

Full Members MNCSAG: have completed all the requirements for the Diploma in Hypno-Psychotherapy (**DHP(NC)**)

Fellows FNCSAG: have completed all the requirements for the Advanced Diploma in Hypno-Psychotherapy (**ADHP(NC)**)



Understanding Hypno-Psychotherapy (Hypnotherapy)

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Hypno- Psychotherapy

How Can Hypnotherapy Help?

Anxiety and phobias

Fears that are irrational or out of proportion can be distressing and inhibiting. Hypnotherapy is particularly renowned for assisting stutterers of these conditions.

Habits

Hypnotherapy can remove habits, including smoking, easily and permanently



Caption describing picture or graphic.

Feelings

Distressing feelings, including anger, jealousy, low self esteem and lack of

confidence, can be relieved effectively through hypnotherapy

Medical issues

And pain management can often be assisted, with your GP's approval.

Stress conditions

Hypnotherapy can be very effective in helping to resolve issues that lead to excess stress, and for coping with the effects of stress.

Weight control

There are many reasons why people put on weight, and your therapist can help you to take control of your eating patterns and hence your weight.



Caption describing picture or graphic.

Frequently asked questions:

Q. Will I be aware of what is happening and will I remember everything?

A. Yes to both

Q. Will you re-programme my mind?

A. This is an outdated concept of hypnotherapy— in reality, your therapist helps you to access the resources you already have and helps you to do this for yourself.

Q. What is your success rate?

A. We are not ethically allowed to quote statistics, but all NCSAG practitioners monitor their results to ensure they are offering the best service.

Q. Do you guarantee success?

A. It is never possible to guarantee human behaviour, but we will do all we can to help