

Hypnotherapy

Karen is a Member of the British Society of Clinical Hypnosis D.Hyp, PDCHyp, MBSCH - Full Member.

Hypnotherapy is the use of suggestion to help with a problem whilst the person is in a more relaxed state than usual. Hypnosis is not sleep and the person is in full control of their body.

Highly effective, hypnotherapy helps:-

Sporting performance, boost self-confidence and achieving potential, reduce stress, weight control/healthy eating, improve work performance/study/exams, skin problems, pain control, aches and pains, driving test, smoking, cancer care. Hypnosis is very effective for pain management.

Session

-1 hour 15 mins

Smoking

-1 hour 15 mins