

## Where to find me...

### Analytical Hypnotherapy can successfully treat...

Smoking	Pain control	Drinking
Panic attacks	Twitching	Insomnia
Nightmares	Fetishes	Creativity
Exam Nerves	Inhibitions	Travel fear
Confidence	Self esteem	Impotence
Concentration	Temper Control	Sports motivation
Slimming	Shame	Nail-biting
Stress	Allergies	Stuttering
Phobias	Migraine	Shyness
Sexual problems	Asthma	Blushing
Public speaking	Claustrophobia	Sales Improvement
Memory	Motivation	Procrastination
Relaxation	Frustrations	Menstrual Tension
Headaches	Depression	Fear of childbirth
Nervousness	Decision making	Blood pressure
Guilt feelings	Dental anxiety	Irritable Bowel Syn- drome
Independence	Tinnitus	Goal setting
Addictions	Enuresis (Bed wet- ting)	Health improvement
Eating disorders	Fears	Emotional problems
Substance abuse	Compulsions	
Delayed stress syn- drome	Some skin disorders	

...or any other problem of a psychosomatic nature (caused by the mind)

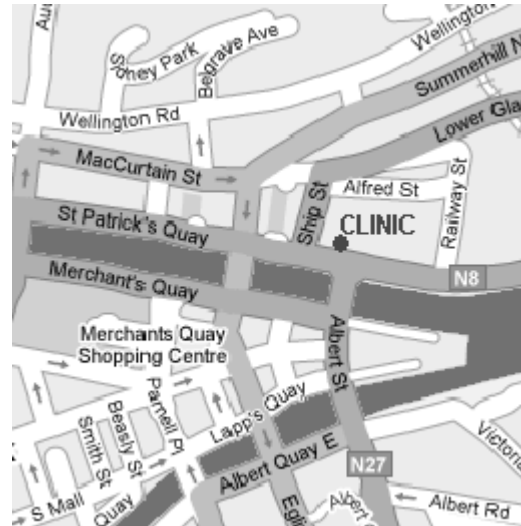
As a Clinical Hypnotherapist registered on the National Hypnotherapy Register and a member of the Institute of Clinical Hypnotherapy and Psychotherapy I abide by a strict code of ethics and conduct.

At all times clients are discharged from therapy at the earliest possible moment consistent with good care.

#### **Strictest confidentiality is assured**

Hypnotherapy is as individual as the therapist and the comments, successes and claims made in this information leaflet should not be considered general to all therapists.

If a client has genuine cause for concern then they have immediate access to the ICHP Legal and Disciplinary Procedures Committee. Firstly they should produce a detailed outline of their grievance in writing and forward it to ICHP, Therapy House, 6 Tuckey Street, Cork City, enclosing all relevant information regarding their complaint.



*Member of the Institute of Clinical Hypnotherapy and  
Psychotherapy*

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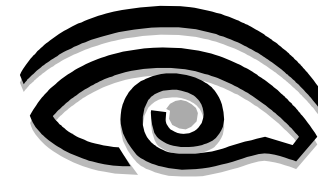
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## Riverside Hypnotherapy Clinic

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Master Practitioner of  
Neurolinguistic Programming**



*Change your mind—and  
keep the change*

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## Suggestion Therapy

Suggestion therapy works well with the simpler problems such as smoking, nail-biting, exam stress, weight problems, confidence and memory boosting, sports performance, public speaking and fear of flying.

For smoking, the first session lasts from 90 minutes to 2 hours and costs €250, including a free personalised Hypnotherapy CD. Subsequent sessions, if required are approximately 50 minutes long and cost €70.

For other symptoms one to four sessions of approximately 50 minutes are required, costing €100 per session, including a free personalised Hypnotherapy CD for solution-focussed therapy on the symptoms you consulted with.

The personalised CD will aid you in achieving the desired changes rapidly.

## Analytical Therapy

Briefly, this therapy finds the root cause of the problem or the symptom and removes it, the doctrine of “Cause and Effect”. Analysis reveals the cause and subsequently removes the symptoms. You realise where your problem or symptom comes from, and with that realisation comes the cure from within yourself.

The moment of liberating enlightenment may come usually around session six. However, there are normally 8-12 sessions required in this therapy and the release, in all probability, will occur during that time.

*The first consultation is concerned with identifying your symptoms and planning a course of treatment.*

Analytical therapy fees are a down-payment of €300 at the first session and then €70 for each subsequent 50 minute session. Alternatively you may choose to pay a flat rate of €100 per session. (*For problems not listed under Suggestion Therapy*)

## Introductory Consultation (free)

Should you wish to discuss your problem (analytical therapy only) before starting, please phone and mention “Free Introductory Consultation”. I will be glad to meet you to explain in detail how the sessions are structured.

## Neurolinguistic Programming (NLP)

Neuro Linguistic Programming or NLP is a set of therapeutic techniques which can be used to change thought patterns and behaviours. It has its origins in the study of the world's most effective therapists, including gestalt therapist Fritz Perls, the innovative family therapist Virginia Satir and in particular the father of modern hypnotherapy, psychiatrist Dr Milton H Erickson. Commonalities and differences were found amongst these great people changers, and the secrets of the language patterns and thought patterns they used were distilled. What came out of these studies was, in my opinion, a set of tools from which change can occur more quickly and easily than ever thought possible.

NLP makes use of these patterns to help you make change more easily, to get what you want. An NLP Master Practitioner can help you to use this power to the benefit of yourself and others. NLP coaching is charged at €100 per 50 minute session

## Hypnosis and Hypnotherapy

Hypnosis is not a therapy, rather a therapy is conducted in hypnosis, which is called Hypnotherapy. Hypnosis is a trance-like state and everyone has the ability to enter into a trance. Everyday, people slip into natural trance states when they become absorbed in watching television, reading a book, using computers, or even driving. Hypnotherapy works by guiding people into a state of profound relaxation, which then gives access to the subconscious mind. Suggestion is most powerful in this state because the conscious mind tends to be resistant and over-analytical, whereas the subconscious takes suggestions literally, and is super-concentrated. Hypnosis is the key that unlocks the door to the ‘power house’ of thoughts, memories and emotions, namely, the sub-conscious mind, giving you access and power to use your brain’s own bio-computer.

In hypnosis there is no question of being controlled or manipulated or even induced into a deep trance state. The state of hypnosis, a totally natural phenomenon, is most pleasant and particularly relaxing and a person can converse quite easily within the state. It is inconceivable that any harm could befall them. Hypnosis is a proven therapeutic aid. Indeed the centuries old technique of hypnosis is being used increasingly as an adjunct to orthodox medicine where it is proving a valuable alternative to drugs for anaesthesia, to accelerate healing,

## Questions and Answers

### What is hypnosis?

It is a state of relaxation, concentration and heightened awareness induced by suggestion. It is a non-addictive power for good and is a natural manifestation of the mind at work.

### What does it feel like?

You continue to hear all that is going on around you and are fully aware of your situation. Your awareness increases, but in a very relaxed way.

### Can I be hypnotised against my will?

To be hypnotised you have to be a willing participant in the process.

### So, am I asleep then?

No, you are simply extremely relaxed. That is why it is called “Conscious Hypnosis”

### Can children be hypnotised?

Children respond well in hypnosis. Consent is always required from the parent or guardian. An adult must accompany children under the age of 18.

### Could I become “stuck” in hypnosis?

No, you will not be stuck in hypnosis—just like when you go to sleep at night and wake up in the morning. Hypnosis is a proven therapeutic aid.

### How many visits will I need?

Simpler problems like smoking, nail-biting, pre-test nerves etc usually require 1-4 sessions and the success rate is high. The more deep-rooted nervous disorders require analytical rather than suggestion therapy and take 8-12 weekly sessions.