

HYPNOTHERAPY

Have you ever been so involved with a task that you have lost track of time?
Have you ever driven from one place to another and arrived safely, but not remembered the journey?
Have you ever read a book and become so involved with the plot you can see scenery and hear characters speak?
Have you ever day-dreamed?

These are everyday examples of an altered state of awareness. Hypnosis is another example of an altered state of awareness one which can be used for self help.

It is a perfectly natural state which occurs between being fully awake and fully asleep. In the clinical setting hypnosis is usually accompanied by a pleasant state of physical relaxation which in itself is beneficial, especially in the symptoms induced by or aggravated by stress. The term Hypnotherapy means the use of hypnosis for the treatment and relief of a variety of somatic and psychological symptoms.

It is important to note that no one can be hypnotised against their will and no one can be forced to do things while under hypnosis that they do not want to do. During hypnosis, you will be aware of what is happening: most people do not "feel hypnotised." remaining in complete control.

Su Ricks-McPherson has earned

- BA(Hons) in History and Social Biology
- Diploma in Clinical and Advanced Hypnosis
- Diploma in Hypnosis and Psychotherapy
- NLP Practitioner
- NCH Senior Clinician Status
- Hypnotherapy Practitioner Diploma
- Certificate in Hypnotherapeutic Supervision
- Certified Instructor - National Guild of hypnotists



Su has been in the therapeutic profession since 2004 and is a qualified clinical supervisor and hypno-psychotherapist. She served as Executive Director of the National Council for Hypnotherapy from 2006 to 2008 and was received the NCH 2008 award for Researcher of the Year for her work on anxiety.

Su is a Candidate in Training with UK Council for Psychotherapy, full accreditation being awarded following 4 years of practice and CPD training in psychotherapy.



Three Counties Hypnosis & Psychotherapy
The Abbey, Market Sq
Daventry, Northants,
NN11 4HG

Phone : 0844 736 2904
Email: su@nsholistic.co.uk
Web: www.nsholistic.co.uk

Relieving Anxiety, Panic Attacks & Stress with Hypnotherapy

If you suffer from anxiety and/or panic attacks you will know how uncomfortable these feelings can be.

They can be difficult to explain to others, which increases the discomfort.

Sometimes the fear of the feelings can be as bad, or even worse than the feelings themselves.

So, what can be done?

Su Ricks-McPherson 
Hypnotherapy, Psychotherapy, Reflexology

www.nsholistic.co.uk

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How can hypnotherapy help?

In the first instance, hypnotherapy can help with anxiety and panic attacks as your therapist can help you gain a really good understanding of what is happening to you. This, along with feeling understood by the therapist can help you make progress.

Then, your therapist will employ one or more of a wide range of hypnotherapeutic techniques which can help you to experience less anxiety and fewer panic attacks, and to cope significantly better when the feelings do occur. The process of relieving the fear of having the feelings is often the key to significant change.

Anxiety is a natural, normal and necessary protection mechanism: but is yours just too much?

Once you feel more confident in your ability to cope, and less anxious about being anxious, you will just get better and better!

Sometimes, and only with your agreement, a therapist may recommend looking back at past experiences to assist you to deal with the causes of anxiety issues.

This can be very helpful but is not always required.

Frequently Asked Questions

Q. Will I be aware of what is happening and will I remember everything? *Yes to both questions!*

Q. Will I lose control? *No. You remain fully in control at all times – your therapists goal is to empower you to get the results you want, not to control*

Q. What is your success rate? *We are not ethically allowed to quote statistics, but all Brookhouse Hypnotherapy consultants monitor their results to ensure they are offering the best service.*

Q. Do you guarantee success? *It is never possible to guarantee human behaviour, but we will do all we can to help you achieve your goals*

What are the potential benefits?

- ✓ Hypnosis is a pleasant, relaxing experience which can help you to develop better relaxation skills to benefit you in every area of your life
- ✓ Your therapist can guide you towards the goals that you desire with hypnosis,
- ✓ You can gain control over your responses
- ✓ You can be confident in your therapist's experience and commitment to you
- ✓ Hypnotherapy works to reduce the frequency of the feelings, reduce their intensity and to help you to cope better with them
- ✓ Your therapist will work with you to increase your confidence and self-esteem