

## PSYCHOTHERAPY

Psychotherapy is the provision, by qualified practitioners, of a formal and professional relationship within which patient(s)/ client (s) can profitably explore difficult, and often painful, emotions and experiences.

These may include feelings of anxiety, depression, trauma, or perhaps the loss of meaning in ones life. It is a process which seeks to help the person gain an increased capacity for choice, through which the individual becomes more autonomous and self determined.

Psychotherapy may be provided for individuals or children, couples, families and groups.

Hypno-psychotherapy is the practice of psychotherapy with applied hypnosis being the primary approach.

The United Kingdom Council for Psychotherapy, the lead body for psychotherapy in the UK recognises the practice of hypno-psychotherapy.

*Can Hypno-Psychotherapy  
Help You?  
Call now for a confidential  
chat, or go to  
[www.nsholistic.co.uk](http://www.nsholistic.co.uk) for  
more information*

## 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.

## *Hypnosis & Psychotherapy*

### Effective Help With:

- ◆ Anxiety
- ◆ Smoking Cessation
- ◆ Panic Attacks
- ◆ Stress
- ◆ Blushing
- ◆ Confidence
- ◆ Weight Control
- ◆ Irritable Bowel Syndrome
- ◆ Fears & Phobias
- ◆ Natural Childbirth
- ◆ Pain Management

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Hypnosis & Psychotherapy

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# Hypnosis & Psychotherapy with Su Ricks-McPherson

## Qualifications & Professional Bodies

- 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
- Advanced Diploma in Hypnosis, Hypnotherapy, Psychology and Psychotherapy

**I have been in the therapeutic profession since 2004. I am a qualified clinical supervisor and trainer for the National College of Hypnosis & Psychotherapy.**

**I served as Executive Director of the National Council for Hypnotherapy from 2006 to 2008 and received the NCH 2008 award for Researcher of the Year for my work on anxiety.**



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**Important Note: The United Kingdom has not adopted any educational and training standards for the practice of hypnotherapy. This statement of credentials is for informational purposes only.**

**Confidentiality:** I will not release any information to anyone without a written authorisation from you, except as provided by law and my professional bodies' codes of ethics. You can see my written record about your consultation(s) at any time.

**Redress:** I am a Registered Senior Clinician (MNCH Reg Snr Clinician) member of the National Council for Hypnotherapy and practice in accordance with its Code of Ethics and Standards. If you ever have a complaint about my services or behaviour that I cannot resolve for you personally, you may contact the National Council for Hypnotherapy at PO Box 14542, Studley, Warwickshire, B91 9HH Tel: 0844 736 5806, or via the website: <http://www.hypnotherapists.org.uk>.

**Fees:** My fees are £65 per hour (50 minute consultation) and £150 for a One Session Smoking cessation (up to 110 minutes). Appointments cancelled without 24 hours notice will be charged for in full.

**Payment:** I accept cash, cheques with a bankers card and credit cards via Paypal.



**My Approach:** I use a brief and results focussed approach, in which *I attempt to minimise the number of hypnotherapy / psychotherapy sessions required* for the optimum outcome, although you should be aware that it is not possible to guarantee 100% success with any therapy undertaken.

**Your Appointment:** Appointments can be made online via my website, or by calling 0844 736 2904.

Please try to arrive in good time for your appointment, allowing sufficient time to park etc—late arrival is likely to result in a reduced session and if you arrive more than 15 minutes after your allotted time, we may have to rearrange the appointment. Please ensure you are not under the influence of alcohol or recreational drugs when attending appointments.

**REMEMBER—**I am committed to helping you access the resources you need to succeed, however this ultimately lies in your hands; Just as medicine prescribed by your doctor will only work if you take it, if I ask you to listen to a CD or do “homework”, it is important that you do this and continue to work on your goals outside of the formal therapy sessions.