

## Areas that I can help with

- Stop smoking
- Weight control
- Irritable bowel syndrome
- Phobias
- Exam/test nerves
- Panic attacks
- Self esteem
- Motivation
- Interview nerves
- Pain reduction
- Stress
- Habit control
- Sleep difficulties
- Traumatic memories
- Depression
- Anxiety
- Shyness
- Learning skills
- Unwanted habits
- And much more.....

Contact me today.....

Tel. 07790 335 456

In complete confidence. For more information on what Hypnotherapy can help with and to arrange a free 20 min consultation.



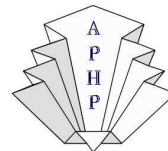
*For the tools to help you transform your life...*

Phone: 07790 335 456  
Email: [info@tranceform.me.uk](mailto:info@tranceform.me.uk)  
Web: [www.tranceform.me.uk](http://www.tranceform.me.uk)

*At times it may not be possible to answer your call. So please leave a message and telephone number and your call will be returned.*

Your *Hypnotherapist* is a member of

**APHP** THE ASSOCIATION FOR PROFESSIONAL HYPNOSIS AND PSYCHOTHERAPY



COMPASSION & HUMILITY

[www.tranceform.me.uk](http://www.tranceform.me.uk)

*Using hypnotherapy to help you transform your life...*



Hypnotherapy can be used to help you

- Stop smoking
- Control your weight
- Manage IBS symptoms
- Increase your confidence

Hypnotherapy has been used to help people make positive changes in their lives for hundreds of years . It was formally recognised by the British medical Association in 1955.

Hypnotherapy is widely recognised as one of the most successful therapies for treating a range of issues as diverse as smoking cessation, weight management, stress, phobias and pain control. In areas such as IBS and psoriasis, hypnotherapy has been shown to have a dramatic impact in reducing symptoms.



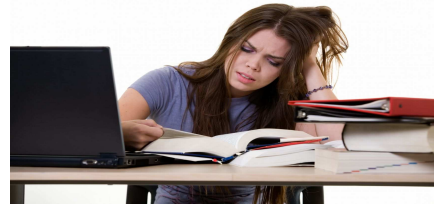
Hypnotherapy works by inducing a state of deep relaxation, known as a hypnotic trance. This is an entirely natural state of Hypnosis which allows the therapist to communicate with the clients subconscious.



Hypnotherapy uses a cooperative approach between the client and therapist. The client is in control throughout the process with the Hypnotherapist acting as a guide or facilitator. All hypnosis is self hypnosis.

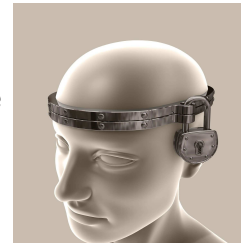
**Call 07790335456**

Trance is a familiar state of mind that we go into and out of in our daily lives.



Hypnotherapy can be beneficial for all kinds of anxiety. Also stressful situations such as an exam or driving test nerves. Maybe you have to give a presentation or a speech or have a job interview coming up.

You may lack motivation or are shy. Events in the past may be holding you back .



*Hypnotherapy can help you to unlock your potential!*



Successful weight management is as much about attitudes to food as anything else.

Hypnotherapy can be used to re-educate your subconscious to avoid comfort eating and change habits you may have picked up when young such as being encouraged to clear your plate even if full.

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Initial consultation is free of charge, lasts 20 minutes and you are under no obligation to take it any further.

Appointments are charged at £60 per session and fees are payable upon attendance.



Smoking cessation costs £55 per session and is over two sessions.

If you smoke 30 a day at £5.20 a packet you spend £7.80 per day. This works out as £236.60 per month. In 2 ½ years you will have spent £7000. Think about what you else you could spend that money on?

Consultations are by appointment only & last 50 minutes.

Other therapies are offered on their own or part of a treatment package. EFT, NLP, Reiki & Reflexology check the website for details..

Hypnotic inductions will be provided as part of a course of therapy on CD or MP3 format, *free of charge*.



Or can be purchased separately from the website.

Sessions can also be recorded *free of charge*.

***E-mail info@tranceform.me.uk***