

How can hypnotherapy help me?

Thoughts and ideas

People can suffer from thoughts of low self-esteem, or obsessive thoughts about someone or something. Obsessive behaviour is a problem that can take over completely and prevent you from leading a normal life. Hypnotherapy can help you to regain control of your thoughts and actions.

Overcoming fears and phobias

A phobia is an irrational fear of something, such as a particular insect, animal, object or situation. Hypnotherapy is widely considered to be one of the most effective ways to help you overcome your fears.

Improving self confidence

Hypnotherapy can help with shyness, stammering, fear of public speaking, exam nerves and preparing for job interviews.

Stress reduction

As a direct result of stress many people suffer from a wide variety of distressing problems such as panic attacks, anxiety, jealousy, guilt, anger, depression or inadequacy.

By reducing the anxiety hypnotherapy can help you to regain control of your life.

Breaking habits

Sometimes people find themselves in the grip of a habit that they feel unable to control. This might range from nail-biting or smoking to more deep-seated compulsions.

Hypnotherapy can help you break these habits without any adverse side effects - and quickly.

Pain reduction (with medical consent)

Hypnotherapy can be an effective way to manage a variety of conditions such as arthritic pain, migraines and PMT

Preparing for childbirth

Pregnant mothers can be taught self-hypnosis to prepare for a more relaxed, straightforward and less painful labour.

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The Just Hypnotherapy practice is operated by
Jon Hosgood DHP MNCH(Lic.) LHS LAPHP

For further information:

Telephone: 0117 975 6940
Mobile: 07989 589 180
mail@justhypnotherapy.co.uk
www.justhypnotherapy.co.uk

The main practice is based at:
First Floor,
122 Gloucester Road,
Patchway,
Bristol

For directions to the therapy rooms:
www.thealmondtreepractice.co.uk

Helping you to ...

Reduce your stress

Overcome depression

Be more confident

Conquer your fears

Get rid of that habit

Be more motivated

Lose your phobia

Stop smoking

Achieve your true potential

Control your weight

Improve your performance

Take control of your life

Prices shown are correct at time of printing. Just Hypnotherapy reserves the right to change these prices without notice.

What is Hypnotherapy?

Hypnotherapy is a safe and natural way of making positive changes in your life and is a very pleasant and relaxing experience. It is not the same as sleep although it may look similar and you will usually be very aware of all that happens around you.

During hypnosis the busy, conscious mind is encouraged to take a back seat for a while allowing the hypnotherapist to communicate with the subconscious mind.

Being hypnotised is the same feeling that you have when watching television or reading a book and at the same time allowing your mind to wander. Have you ever arrived somewhere and, because your mind was focused on something else, can't remember anything about the journey? These are all forms of trance and hypnotherapy uses this power for your benefit.

While you are hypnotised you are more able to focus on what you want to change in your life and I can use this enhanced concentration to help you achieve it.

Will you take control of my mind and make me do silly things?

Despite what you may have seen on the television or stage I will not make you do anything ridiculous.

I do not, and cannot, take control of your mind and you will remain in control throughout the session. I can't make you do anything you don't want to do.

To dispel another myth, you can't get stuck in hypnosis. If for any reason you wanted to end the session you will be perfectly capable of doing so.

There is no 'magic' involved. I can't plant inappropriate thoughts in your mind and most people remember all that has happened in a session.

What happens when I come to see you?

The first session is usually the initial consultation which is free and lasts up to an hour. During this time you tell me what it is that you would like me to help you with and how you would like to change.

I will take down some basic information about you and I will also explain in more detail how hypnotherapy works and how it can help you.

You will be able to ask any questions that you may have and we will discuss the most effective ways to achieve your aims. I will give you a CD to listen to at home before we meet again.

Each session thereafter lasts about an hour and is usually weekly. We will discuss your progress and make sure that you remain on track to achieve the changes you want.

You can be sure that you will receive the very highest level of care at all times and the hypnotherapy will be tailored to your individual needs. Absolute confidentiality is guaranteed.

How many sessions will it take?

Because everyone is different it is difficult to predict how many sessions you will need but I can give you an estimate after the initial consultation. You are not committed to a specific number of sessions and you can decide when you have reached your goal.

For most clients I use modern techniques which achieve results quite quickly, However, for more deep-seated problems, I can use regression therapy but this usually requires more sessions.

For anti-smoking therapy the consultation and therapy are combined into a single session lasting about 90 minutes.

How much does it cost?

The initial consultation is free and each session is £50.00 thereafter. Anti-smoking therapy costs £99.00. Please feel free to discuss this with me if this presents a problem. These prices include the support CDs.

That all sounds fine - so what next?

You can find out more about me and how hypnotherapy can help by visiting my web site.

If you would like to discuss how your problem can be helped or would like to book a free, no-obligation consultation then get in touch today.

I have appointments available throughout the week (including some early evening slots) and some Saturday mornings.

You can contact me by phone or, if you prefer, through the web site.

Tel: 0117 975 6940 / 07989 589180

Email: mail@justhypnotherapy.co.uk

Web: www.justhypnotherapy.co.uk

