

Are you ready to make a positive change on your life? Hypnotherapy works by amplifying your will power to help you move toward new behaviours and beliefs. It can be used to treat a wide range of problems and, because it is such a pleasant experience, it can be used simply for relaxation.

### **What is Clinical Hypnotherapy about?**

It's about mind shifts, such as:

- ....Learning to believe in yourself*
- ....Building your resilience*
- ....Taking back control*
- ....Making the most of your natural abilities*
- ....Knowing that it's never too late to change behaviour*

### **What can I help you with?**

- **Anxiety and Depression**

*Managing stress ✓ confidence building ✓ public speaking ✓ exam nerves ✓ panic attacks ✓*

- **Mind-Body Control:**

*IBS ✓ skin conditions ✓ pain control ✓ insomnia ✓*

- **Fears and Phobias**

*Fear of dentist ✓ fear of flying ✓ fear of heights ✓ spider phobias ✓ etc*

- **Hypnotic birthing**

*Coping with pregnancy ✓ preparing to give birth ✓ controlling pain tension and fear ✓*

- **Behaviour Change**

*Quit smoking ✓ reduce alcohol ✓ weight loss ✓ eating disorders ✓ obsessions / compulsions ✓*

### **What does the hypnotic state feel like?**

The hypnotic state feels like the stage between waking and sleeping, when you remain aware of what's going on in the outside world, but your mind is focusing inwardly and beginning to drift. A hypnotherapist cannot hypnotise an unwilling subject or make anyone do anything against their will. You may be relaxed but you have absolute control.

### **How do I work with clients?**

As well as using hypnosis, Lesley Jefferson draws on techniques used in coaching and in Cognitive Behavioural Therapy. This means she keeps a focus on your goals for the future and realistic options for change. As such, it is more action orientated than traditional counselling, and change can often be rapid – sometimes taking just one session.