



Hampshire Hypnotherapy & Counselling Centre

The Friendly Therapy Company

FREEPHONE: 0800 970 4776
MOBILE: 0794 664 1270



As seen on Channel 4's
How to Lose Weight Well

Welcome

We understand that when you are considering Psychotherapy, Hypnotherapy or Counselling you need to be sure that you are going to get the best therapy for you. We specialise in helping you to find the true cause of your problem and then resolving it, for good, with Psychotherapy, Hypnotherapy or Counselling.

You may be suffering from the symptoms of Anxiety, Stress, Low Self Esteem or low mood. Perhaps you have a Fear or Phobia or a Sexual Problem which is preventing you from living life to the full. Call us today for a free chat and find out how we can help you.

You may be overweight and after years of trying every available diet, feel like you'll never be able to Lose Weight and be slim. Maybe you desperately want to Stop Smoking. Would you like relief from the symptoms of M.E., P.V.F., C.F.S and similar medical conditions? We can help you! All you need to do is take that first step and pick up the phone or drop us an email to info@hantshypno.co.uk.

Our team of professionally trained therapists and counsellors have the experience and expertise to help you to resolve the emotional issues which are causing your symptoms. This quickly enables you to get on with living your life free from the symptoms that have had such a negative effect on you until now.

All of our therapists and counsellors are dedicated to helping you to overcome your symptoms and resolve your inner conflicts in a gentle, drug free way... for good!

Directors

James Holmes – MIAEBP (Acc) D.Hyp (Adv) B. Ed LTCL

Sue Peckham – MIAEBP (Acc) D.Hyp (Adv)



Hypnotherapy

One of the questions often asked by clients when they come to see us for the first time is "What is hypnotherapy and how does it work?"

Hypnotherapy combines hypnosis with either suggestion or analytical techniques to help resolve any emotional issues that may be having a negative effect on your life in some way.

The word 'hypnosis' is the Greek word for 'sleep'. This may worry some people, as they feel concerned that they may be asleep or out of control in some way during their hypnotherapy session. Some people believe that they will 'go under' or that their mind will be under the control of the therapist. Nothing could be further from the truth.

There is no such thing as hypnotised feeling! There is, however a wonderful feeling of calmness and relaxation. This pleasant state is very similar to the feeling you have when you lose yourself in a book or a daydream.

Once in a state of relaxation the subconscious mind is open and very receptive to positive suggestions in the case of suggestion therapy. For those clients requiring hypnoanalysis to resolve their issues, the relaxed state of hypnosis enables them to work with us to discover and resolve the cause of their problem and their symptoms improve as a result.

The client listens to the sound of the therapists' voice and is fully conscious and aware throughout the whole session. At the end of the session, the client feels very refreshed and relaxed.

Hypnotherapy is safe and extremely effective. Call us today and find out hypnotherapy can help you.



Counselling

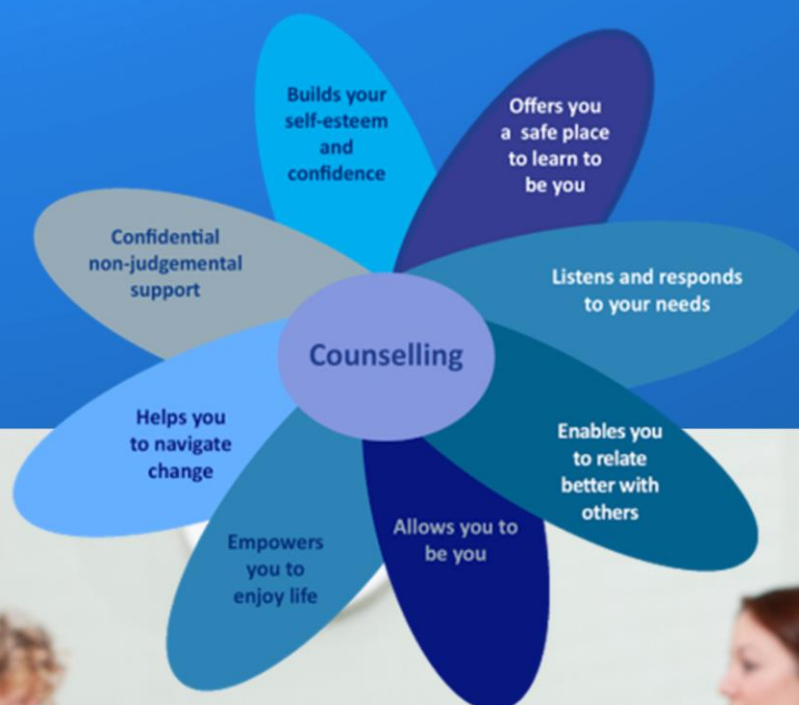
Our team of highly trained, caring Counsellors will give you the opportunity to explore your problems, distresses or any difficult situations that you are experiencing in a confidential, non-judgmental, safe and supportive environment. Your personal counsellor will work with you to facilitate you through your difficulties so that they become more manageable. Working together you can find creative and positive ways forward by looking at your problems from different perspectives to find meaning in your life, and/or help you acquire new skills/techniques to assist you in overcoming the issues you are facing. Problems sometimes go on for a long time and you cannot see a way out of them or they can make you feel out of control, but CHANGE IS POSSIBLE.

We offer counselling to help with depression, anxiety, bereavement, separation and divorce, issues surrounding sexuality, stress, childhood abuse, sexual abuse or assault, domestic abuse, violence, work-related issues, redundancy, low self-esteem and low self-worth.

Our counsellors use a range of techniques from different therapeutic approaches. A Person-Centred approach offers you an environment of openness, acceptance and empathy in which you can grow and develop your full potential.

We work with you and support you to raise awareness of negative and destructive thought processes and patterns, enabling you to apply a variety of techniques and coping strategies to help you better manage stress in all aspects of your life. Our counsellors will help you to feel safe and supported so that you are able to share and address painful and sensitive issues without feeling shame or judgement. Together we can tailor your sessions to address your unique personal requirements.

Take that first step to a happier life today and call us to find out how we can help you.



How Can We Help You?

Here are just some of the symptoms we have helped treat over the past 15 years:

Stopping Smoking
Sexual Problems
Anorexia
Bulimia
Lack of confidence
Stuttering / Stammering
Obsessive Compulsive Disorder (OCD)
Body Dysmorphic Disorder (BDD)
Obsessional Neurosis
Fetishes
Post Traumatic Stress Disorder (PTSD)
Shyness
Compulsions
Blushing
Anger Management
Colitis
Bed Wetting in Children & Adults (enuresis)
Shy Bladder
Hypertension
Insomnia
Hypnosis for Childbirth
Asthma
Allergies
Frigidity and Sexual Issues
Tinnitus
Sweating
Nightmares
Slimming
Fears and Phobias
Compulsive Symptoms
Obsessional Symptoms
Chronic Fatigue
Chronic Pain
Emetophobia (the fear of being sick)
Poor Self Image
Smoking Cessation
Social Fears
Binge Drinking

Hypochondria
Dental Phobia - Fear of Dentists
Premature Ejaculation
Childhood Trauma
Migraines and Headaches
ME
Irritable Bowel Syndrome (IBS)
Fears
Grief
Guilt
Depression
Phobias
Anxiety
Stress
Teeth Grinding (Bruxism)
Hypnosis for Weight Loss
Social Anxiety / Fear of being on the Spot
Vaginismus
Psoriasis
Restless Leg Syndrome
Panic attacks
Anorgasmia
Gambling Addiction
Hair Pulling (trichotillomania)
Erectile Dysfunction (ED) / Impotence
Control Fears e.g. fear of driving/ heights / flying
Skin-picking disorder
Commitment Phobia
Porn Addiction
Aggression/hypersensitivity
Fear of Intimacy
Globus Hystericus
Lack of Motivation
Procrastination
Nail Biting
Depression

Our Specialisms

Over the past 15 Years we have developed a reputation that is second to none with our clients in the following areas:



Weight Loss



Smoking Cessation



Depression



Fears & Phobias



Stress & Anxiety



Children

Client Testimonials

“ C. is still doing remarkable well and attending school every day, she is just getting over a bad tic but thanks to the confidence you have given her she gets through the day and the most amazing thing she is going to school without any problems what a difference we have seen instead of all the tears and refusal to go to school, it has been so much easier for ourselves, we can relax now while she is at school knowing she is coping, thank you so much. ”

“ I would like to thank you so much that words cannot express (neither English nor Polish) for helping me feel better with myself. One of my friends noticed even that I look different and more relaxed unlike my previous normal stressed self. I really and truly believe now that I am lovely ”

“ Just to give you an update – lost 3 stone and averaging 2-3 lbs/fort-night. I am feeling very happy and really enjoying my food – just rather a lot less – but no pain, anxiety or difficulty. Feeling good and the best thing is it has already helped the pain in my knees and I am much more agile and active. Thank you all for changing my life!!!! ”

“ I can't thank you enough! Thanks to your eye-opening professional guidance, I have now been a non-smoker for 6 months, but that wasn't the only thing I got out of it: by changing my limiting beliefs, I am now living the life I really want to, having been able to relay the techniques you taught me to all aspects of my life. My self esteem is shining, I am back in life's driving seat, and it's all thanks to you! I didn't know the Hampshire Hypnotherapy Centre at all when I found it on the internet and booked an appointment, but it was an appointment that changed my life. I don't know why everybody doesn't do it! Thank you! ”

“ I thought I would drop you a line, as I promised to update you of my progress. I have still NOT smoked despite two girly weekends away in May and June. I am really proud to be able to call myself a non smoker. I have also stopped taking my meds for depression. ”

“ I just thought I would drop you a line to let you know that I have been feeling great since the appointment on Wednesday. The only way I can describe it is that I feel more at peace with the world. I feel more serene generally and much less “on edge” than before. I didn't think my life could get any better – I was so wrong. Thank you a million times for everything you had helped me to achieve. ”

How To Find Us

Hampshire Hypnotherapy & Counselling Centre

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Solent Business Park

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