

Kathleen White Hypnotherapist

Advanced Hypnotherapy & Hypno Healing
The Natural Way

Overcome problems

Feel great

Achieve your goals

No-Nonsense Therapy

Goal focused for better results

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What is hypnosis?

Hypnotherapy is the use of hypnosis which is a totally natural state of mind. When you are in hypnosis you will feel relaxed just like the moment before you fall asleep at night after a long busy day. We all go into some form of hypnosis every day, like switching off from your work and you stare out of the window for a few seconds or 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?

Obtaining this 'relaxed state' of mind becomes easier and quicker within a very short period of time. At this point you will find it easier to visualise yourself becoming healthier, happier, more confident or whatever it is you really want.

New clients often say to me that they are worried that they will not be able to do it, but quickly find that it is an easy and pleasant experience. On the first session you will get a recorded CD and this allows you to practice the relaxation/hypnosis in your own home environment.



Hypnotherapy, how does it work?

Hypnosis isn't something you either believe in or don't believe in because as stated before it is a very natural process. When you get taught self-hypnosis during the latter part of the sessions you will quickly realise how effective this new skill can be for making the changes within your life and asking the right kind of 'internal questions' to bring about this change.

- *What do you want your life to be like in a week, month, or even a year's time? (What do you really, really want to be like?)*
- *What changes would you need to make in order to create this new alternative person/future?*
- *What could stop you from making this change? What negative self-beliefs, blocks could be in the way for this change? How much do you really want this change to happen?*

How would you feel if you spent the rest of today thinking about these exciting questions and answers, but not actually be aware that you are doing this on a Conscious level? If this sounds strange it shouldn't be, because this is exactly what someone is doing in a negative way, if they are 'stressed' or 'anxious' or 'worried' each and every day!

Working naturally with your mind

The fact is that hypnosis doesn't make you do anything you don't want to do. To be successful it requires you, the client's full participation. This means it is not a magic wand that can make you do or change things, even though the results from hypnosis can be magical!

It requires your cooperation and commitment to make the changes you desire and understanding this is the first step in realising just how powerful hypnosis can be as a tool for change.

It is a tool that, once you learn how to use it properly, can help you achieve just about any goal you set your mind to.

Because of this, one of the first things we do is to make sure that you have clear goals set, and then together we develop a plan to get you there as quickly as possible with a great expectation of success.

Using hypnosis in conjunction with other established styles of therapy, for example **NLP** (Neuro - linguistic-Programming) to help you achieve positive improvements and desired outcomes in your life.

Hypnotherapy has been used for years now within the NHS and has a lot of clinical evidence - Cancer units, Mental health services, IBS Clinics and Pain Wards (UK wide).

The functions of the subconscious mind

How hypnosis can influence the workings of the subconscious mind

It is often said that each of us only use a small percentage of our mind – Einstein estimated that we work with no more than 10% of it. This is why the mind has been referred to as the “mental iceberg” as so much of its activity is below the surface and so much of its capacity is unused. One role the subconscious mind plays is to act as our servant as far as habits is concerned. We learn at an early age to walk, to eat our food with a knife and fork, to ride a bike and so on. These habit patterns are never forgotten. We just do them automatically. But what are the less obvious jobs of the subconscious mind and how can hypnosis help?



The Subconscious mind (SCM) controls all the involuntary functions of the body such as digestion, breathing, heart rate, temperature and so on. This is all done without and conscious thought. It is widely accepted now that **anxiety, stress and tension** can negatively affect these functions, and these bad effects are known as psychosomatic illness. It stands to reason therefore that, as hypnosis directly contact the SCM, then hypnosis can bring about recovery.

All our emotions are contained within the SCM, and one of the rules of the mind is that emotion is usually stronger than reason. It would seem therefore that we are at the mercy of our SCM that is until we learn to take control of it through hypnosis.

The power of the Subconscious

How thoughts dominate our actions

Whatever action we take is first of all determined by our thoughts so, if we change our thoughts, we can change the way we behave. The SCM does not like change but in hypnosis it can be persuaded to make them once it realizes that they are beneficial.

Once we can communicate with our SCM through hypnosis then we can begin to realize that all the answers are there within ourselves. The concept that all the faculties we need are already within us is a powerful one to press home.

Whatever you want in life, it is important to know what it is and to have a goal.

Thoughts become things!!!!

If we think negative thoughts, then we attract negative things happening to us. Likewise if we visualise good things, then we attract the positive. The more powerful and intense a thought is, then the more powerful and intense the outcome will be.

So why do we need to use hypnosis to make changes?

If you think for a moment about child development, from the beginning when you were born through to your teenage years, this is the time when you learn the most during your life. As children grow, they begin to use more of the brain's frequency spectrum. From the ages 4 to 7 years children function mostly in **theta level**.

About the time a child reaches 7 there is a shift of brain functioning and a higher range of brain frequencies is used more than others. This is the **alpha level**, which children use extensively from 7 to 14 years of age.

As children reach their teenage years the use of **beta brain** frequency begins, and this is associated with left brain activity and the objective mode of consciousness becomes predominant.

So looking at this information we can see now that by using hypnosis to allow the mind to experience alpha wave frequency, this is where you can begin to make the changes on a subconscious level, that consciousness and rational thought hasn't allowed you to change.

The benefits of hypnotherapy

- **Learn to relax more fully and increase your energy levels**
- **Achieve more balance within your life, a healthier lifestyle.**
- **Understand and achieve your goals and outcomes**
- **Get rid of unwanted habits such as smoking/alcohol.**
- **Start to feel more confident, more secure and in control of your life.**
- **Gaining control over worries and anxieties.**
- **Understand that you can start to make the changes you want to.**

Why use hypnotherapy with NLP?

Let's start by looking at some common problems points that people come to me for, without giving them any labels like anxiety or depression etc.

- **Negative feelings such as fear or lack of confidence**
- **Internal blocks to moving forward**
- **Strong habits that seem ingrained and impossible to overcome**
- **Untrue assumptions**
- **Just feeling stuck**
- **Lack of motivation**
- **Fear of being without the problem**



All of these above tend to be subconscious blocks to success. No amount of logical thinking or determination will shift them. Otherwise most people wouldn't need extra help to move forward from A (stuck) to B (become the people they really want to be).

Because the blocks operate under the surface of awareness, they need to be dealt with on a different level that can be achieved with hypnosis.

NLP is designed to help you to unleash your potential and get from A to B. So the only problem is that some of the resources you need and some of the potential blocks to your success are unconscious. Hypnosis is the quickest way of getting past those blocks and to build all the positive resources you need.

Hypnotherapy offers a fantastic opportunity to change habits, develop inner strengths and new abilities and to overcome self-defeating feelings that have been blocking your progress to the life you really wish for.

The problem is that many people have an inaccurate understanding of what hypnosis is. This is due to the way hypnosis is presented in the popular media as something that can 'make people do funny things'.

In a therapeutic setting hypnosis is used as a tool to put you back in control of your life and to achieve amazing goals. It can help you to get rid of old habits, negative ways of thinking and behaving, and replace them with positive new habits, like relaxation, motivation, and feeling more confident.

Steps for successful therapy- sessions

During the **First Session** with Kathleen address any concerns you might have

- Make you aware of what they will be asking you to do
- Obtain your agreement
- Guide you into hypnosis
- Give you some suggestions in order to start the therapeutic process
- Record the process with you, so that you can carry on the work between sessions
- Make sure that you are alert before ending the session

On the **second and subsequent sessions** (in most cases, Advanced Hypnotherapists take between 3 and 6 sessions to complete the work):

- Obtain detailed feedback of how the work is progressing
- Address any concerns you may have
- Make you aware of what they will be asking you to do
- Obtain your agreement
- Help you into hypnosis more quickly
- Show you how to achieve better quality hypnosis
- They may access your subconscious mind directly, or employ a therapeutic technique determined by your specific needs
- They will make sure the work is carried out in 'safety and comfort'
- They will make sure the work is complete before ending the session
- Make a recording reinforcing the work done during the session

On the **final session**:

- Obtain detailed feedback of how the work is progressing
- Address any concerns you may have
- Make you aware of what they will be asking you to do
- Obtain your agreement
- Check that the work is complete
- They may teach you self-hypnosis and record this process

Hypnotherapy is not a magic wand and, contrary to what you may have seen elsewhere, it is not an instant miracle or magic act.

That said, it is a rapid intervention and unlike lots of therapeutic models that take months or even years to yield results, hypnotherapy can help you to feel remarkably better in just weeks. In fact many of my clients report positive changes even after the first session. Feelings relaxed, more in control straight away and start to look forward towards a better future.

Therapy has a process and each session will be working on ways to move you forward towards your goals, each time overcoming subconscious blocks, negative belief patterns and even negative habits like worrying, smoking, over eating etc.

1. Shorter Number of sessions

With most clients I help, average between- **3 to 5** sessions with Anxiety, Weight reduction, Stress clients.

Considering that an average client undergoing Counselling or CBT can receive **8 to 12 sessions +**, hypnotherapy is a rapid results focused style of therapy. I will be constantly reviewing your progress and together we make a decision towards the way forward.

Remember you are in control throughout this process, and when you feel that you have achieved what you came to see me for and you are happy and confident you can keep using the skills and tools of self-hypnosis, then this is the time when the sessions will end and you become empowered to become your own therapist.

2. CD Recordings

At the end of each session you will have a recorded cd for you to take away with you. This recording helps reinforce the work we have done in that session. It helps speed up the process as you are having a hypnotherapy session every time you listen to the recording. Over all you'll have 3 or 4 cd recordings.

All these are for you to keep and you can play it any time you like both during therapy and after you have finished.

3. Learning to do Self Hypnosis

Once you are able to learn simple relaxation and visualisation techniques, you are in a position to practice self-hypnosis.

You can easily learn these techniques for helping with many different situations.

One of my goals for all my clients is to constantly throughout the sessions teach you the tools step by step so you feel confident you can use hypnosis on your own.

Self-Hypnosis is a very easy technique for you to learn and with practice you will become very good at it, meaning that in the future you will have a fantastic method for overcoming problems and difficulties, solving challenges and achieving more and more of what you want for yourself.

Self-Hypnosis is *'a tool for making changes in your life. Everyone knows that problems are a part of living that we all face. However, perhaps not everyone realises that all of us carry around within ourselves, the resources for survival...personal evolution...and success.'* (Brian Alman and Peter Lambrou)

'Patients carry their own doctor inside. They come to us not knowing that truth. We are at our best when we give the physician who resides within each patient a chance to go to work.' (Albert Schweitzer)

4. Continued support if needed

In most cases all the work will be done during your time with me but on occasion extra support may be needed to help achieve the ultimate goal. For example in reducing weight, the client may be well on their way to a new eating habit, regular weight loss, but still needs support until they have reached their goal. This may also be the case for phobia or long term depression or anxiety.

What Kind of Issues could Hypnotherapy Help With?

Modern hypnotherapists use hypnosis to treat a variety of issues and to help people achieve improvements in their lives. Medical issues can also be dealt with using hypnosis, but this has to be diagnosed by you GP before the sessions are undertaken by a hypnotherapist, for example, depression, anxiety, IBS.

Some of the most common applications of hypnotherapy:

- *Confidence*
- *Self Esteem*
- *Achieving Goals and Personal Success*
- *Depression*
- *Anxiety / Stress Management*
- *Weight Reduction*
- *Quitting a Habit*
- *Phobia*
- *IBS*
- *Healing and removing negative blocks to healing*

The reasons we can't easily change anything we want include the following:

- **Negative feelings such as fear or lack of confidence**
- **Internal blocks**
- **Strong habits that seem ingrained and impossible to overcome**
- **Untrue assumptions**
- **Just feeling stuck**
- **Lack of motivation**

All of these tend to be unconscious blocks to success. No amount of logical thinking or determination will shift them.

Because they operate under the surface of awareness, they need to be dealt with unconsciously.

Hypnotherapy offers a fantastic opportunity to change **habits**, develop inner strengths and new abilities and to overcome self-defeating feelings that have been blocking your progress to the life you really wish for.

Stress, anxiety, worry – these are all very natural and appropriate responses that everyone experiences at one time or another. Unfortunately, for many reasons, people sometimes become overly stressed or anxious when it isn't appropriate, and this becomes inconvenient, even overwhelming.

Hypnotherapy can help you to change this and develop much healthier and positive habits to put you back in control of your life.



Stress/Anxiety affects us in 3 main

ways:

- **The body** – there are many physical signs listed above such as racing heart, dizziness, breathlessness
- **Behaviour** – anxiety affects how we behave and what we feel able or unable to do
- **Thinking** – when we are anxious, we worry and tend to have thoughts such as 'I can't cope', 'I'll never feel better again', or 'maybe I'm going to have a heart attack'.

Hypnotherapy is one of the most effective ways to help reduce stress and anxiety in our lives. Sometimes we cannot control the environment around us, but we can learn quickly to how we respond to those stresses. I will teach you easy relaxation techniques to help calm you in situations, create positive feeling and the ability to cope with situations in a different way. You will learn that you can soon be in control of your anxious thoughts and the physical reactions this brings.

I have worked with a lot of clients with varying degrees of panic and anxiousness and I am confident that I can help you with your Anxiety and Stresses. It doesn't have to be the way it is at the moment and I know you can break the cycle with a little help.

What to look for with Stress or Anxieties

These are some of the symptoms that are indicators of too much pressure that can come from yourself, work, home, any combination of, or maybe even all three.

1. Psychological signs

- Inability to concentrate or make simple decisions
- Memory lapses
- Becoming rather vague
- Easily distracted
- Less intuitive & creative
- Worrying
- Negative thinking
- Depression & anxiety

2. Emotional signs

- Tearful
- Irritable
- Mood swings
- Extra sensitive to criticism
- Defensive
- Feeling out of control
- Lack of motivation
- Angry
- Frustration
- Lack of confidence
- Lack of self-esteem

3. Physical signs

- Aches/pains & muscle tension/grinding teeth
- Frequent colds/infections
- Allergies/rashes/skin irritations
- Constipation/diarrhoea / IBS
- Weight loss or gain
- Indigestion/heartburn/ulcers
- Hyperventilating/lump in the throat/pins & needles
- Dizziness/palpitations
- Panic attacks/nausea
- Physical tiredness
- Menstrual changes/loss of libido/sexual problems
- Heart problems/high blood pressure

4. Behavioural signs

- No time for relaxation or pleasurable activities
- Prone to accidents, forgetfulness
- Increased reliance on alcohol, smoking, caffeine, recreational or illegal drugs
- Becoming a workaholic
- Poor time management and/or poor standards of work
- Absenteeism
- Self-neglect/change in appearance
- Social withdrawal
- Relationship problems
- Insomnia or waking tired
- Reckless
- Aggressive/anger outbursts
- Nervous
- Uncharacteristically lying

The symptoms that affect you will often accumulate until you are forced to take notice of them.

Don't rationalise the symptoms away, if you are not sure - ask your GP

It is often the behavioural symptoms that are noticed, as they are more obvious, but by this time stress has been going on for many months, maybe even for years.

Hypnotherapy is one of the most effective ways to reduce stress and anxiety, as it uses deep level relaxation techniques, positive visualisation, positive suggestions, helps change viewpoints of situations, removes emotion attachments to old destructive thought patterns. Learning to cope much better within situations and use your resources to help you deal with life the way you want to.

Improve Self-Confidence

We are all born with plenty of self-confidence. Perhaps you can remember those perfect summer days when you were young. The days seemed to last forever, everything was brighter and just seemed easier.

With hypnotherapy, you can soon rediscover that level of self-confidence that will help you in so many areas and with so many things.

Using NLP techniques to either help capture times in your life when an event, situation or experience went really well in your life. We can revisit that time and bring the resources, emotions and great feeling to life and lock them in to be used again and again in other future situations when you need them.



Rehearsing, through visualization techniques is a very powerful tool and will help the mind understand what is expected during certain situations. This is like telling the mind this is my future, therefore the fear of the unknown can be eliminated. Think of it as an athlete preparing to run a 100 meter sprint, they have run through the race many, many time prior to the event. When they are at the starting blocks, once again they rehearse the race, telling the mind what they want (to win!)

Also we can create a different future where you do thing in a more confident, positive, calm and relaxed way, by again creating a strong vision of how things can be and the desire to achieve a new way of thinking.

Motivation and Energy – Health and Lifestyle

Feeling low on motivation and not being able to find the necessary energy or determination to do something can have a very negative effect on health and lifestyle.

Imagine your motivation or energy levels being significantly higher right now. What would you do with that? Would you start to exercise, do things you haven't done for ages, take up a new hobby or sport?

Sometimes becoming more motivated is about increasing your confidence or self-belief. Sometimes it is about setting bigger or more appropriate goals for yourself or getting more clarity on what you really want to achieve. Sometimes it is simply that you have developed a negative habit and it's about breaking into a new positive habit.

Whatever the reason for your lack of motivation, hypnotherapy can help to give you the key to feeling more energetic, happier, free and back in control to enjoy the life you really want.

Stopping Smoking

This is one of the most common reasons for people coming to see a hypnotherapist and one of the best-known uses of hypnosis.

Our success rates with quitting smoking are very high and what's more, hypnotherapy is a very positive way to stop easily and without replacing the old addiction to Nicotine with any new one like over eating.

It is crucial that you are committed to stopping and really do want to achieve the goal of becoming a non-smoker. I will be able to help make it much easier and give you the tools you need to break the habit and addiction forever, but the decision to stop must come from you. If you think about it that's a really good thing. Who wants to be 'made' to do anything? If we are made to do anything it is more likely we will rebel and start again anyway!



The reason hypnosis is so helpful for people achieving their ambition of becoming a non-smoker is that it addresses the unconscious reasons for smoking, for instance:

- Deeply ingrained habits first developed years ago
- The fear of stopping and how difficult it feels
- The psychological triggers for lighting a cigarette (stress, excitement, boredom, nervousness, to lose weight etc.)
- The strong associations with certain places, situations and people.

For this reason, hypnosis can help you stop and stay stopped, and to make the process much easier than you probably ever imagined possible, by removing the FEAR of being a non-smoker.

I aim to help you to stop in a way where you don't put on excess weight, this is a myth we don't need smoking to stop eating in fact the opposite occurs when you stop smoking because you can taste the food more so you don't need to eat as much, or experience any other negative side effects like panic, losing confidence within yourself, boredom (because you have lost something important in your life), empty void feeling etc...

We want you to look forward to the positive aspects of stopping; being free of the habit and the addiction, smelling and feeling fresher and healthier, losing the feelings of guilt or anxiety, having more money, confidence, energy and health. Free from the control of this addiction and habit as a smoker when you panic that you have run out in the middle of nowhere and that feeling of loss and panic sets in! Imagine what your life will be like without this control within your life...

You are already strong enough and have enough will-power to have continued smoking when friends, the government, NHS, public buildings, the ever increasing costs have all gone and told you it's not good to smoke and you still smoke at the moment...

So I know right now that you can use that strength to be a Non-smoker.

Achieving Goals and Personal Success

There are really only a few steps to achieving goals. Getting from where you are now to where you want to be is like travelling from A to B. All you need are a few extra resources and to overcome some barriers.

Although it sounds simple put like this, the problem is that getting from A to B isn't always entirely logical. Ask anyone who has tried to give up smoking, lose weight or become happier using willpower. It's incredibly difficult.

Reducing Weight - Feeling Fitter and Healthier

Most people, who diet, fail to achieve their dieting goals and those who do generally find that the weight loss doesn't last permanently. This is probably because the reasons for the weight going on in the first place have not been dealt with.

These reasons can include personal motivation, self-esteem, flawed beliefs, even just unhealthy habits. These are all things that hypnotherapy can really help with.



Hypnotherapy can be used to help clients with weight reduction by helping you to:

Change the bad habits that have led to the weight increase into much healthier and more positive habits.

Think more appropriately and build a positive image of yourself now and in the future.

Let go of emotional blocks and things that are stopping you from reducing weight.

Build up self-confidence and motivation.

Feel much more motivated to exercise and take the practical steps necessary to start reducing the weight.

Let go of negative programming and ideas, such as the dieting mentality that tells you to 'make' yourself lose weight by depriving yourself of certain foods and 'make' yourself follow rules you don't enjoy.

How many of you as children can remember a parent saying "You're not leaving the table until you've eaten everything on that plate!" even if we are full usually followed by you can have your pudding when you have had just 4 more mouthfuls!!! or you'll never grow up to be **'big'** and strong.

Just look at that key word **"BIG"**.

Reducing weight is a complex and challenging issue but with hypnotherapy and a real commitment to making healthy and positive changes, you can enjoy amazing results.

Using Advanced Hypnotherapy you will still be enjoying food, the foods you like at the moment, because remember this is **NOT a diet!** You won't lose the enjoyment out of meal times, you won't starve yourself, you won't feel like you are missing out on food groups, you won't be constantly thinking about a 'diet' or foods you can't eat. Instead you will be naturally thinking when to stop eating at meal times, enjoying life without focusing on that hungry feeling, naturally wanting to eat a healthier balanced diet, allowing yourself to eat things you've been told are 'naughty' because the subconscious mind is doing all of this for you without you thinking about it all day and night.



Session Fees –2017/18

The schedule of fees is as follows:

These prices have been kept the same for the past few years.

Initial 20 mins consultation Free (If you would like to meet just for 20 mins it's a chance for you to go into more details about the problem and I can explain more about how hypnotherapy can help you and what happens in each session.)

£55 per session. This pays for a full session lasting up to an hour. I average 3-4 sessions with my clients, and this depends on how the client responds to hypnosis during the sessions and the extra work they put in themselves at home.

The sessions don't have to be weekly, they can be taken over a period of time.

Workshops – in 2017/18

Working with a client group of 10 people on average.

Self-Hypnosis class over 6 weeks (1hr30mins each session)= **£80**

Weight Eraser Classes over 10 weeks = **£180**

Relaxation and Stress management Workshops

Over 6 weeks or one day workshops can be arranged

Also talks to groups large or small can be arranged (Please call for more details and dates)

Payment can be made by either **cash** or **cheque**. Payment is due at the time of the appointment

Private Practice Locations and times

Session times are - 10.00 am to 20.00

The Elms
Elm Lane
Charlton Musgrove
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What to expect from a Hypnotherapist

I believe that a good hypnotherapist should have a genuine drive to want to help people, for the good of the client and a desire to help them alleviate suffering and promote well-being.

It is important that a hypnotherapist has a good understanding of how to utilise the knowledge and skills they have to help a client recover and become the best they can be, as quickly and as simply as possible.

The methods I employ allow me to get to the root cause of your problem, both safely and comparatively quickly. The techniques used help to pin point the problem and to gain a quicker understanding of how this is affecting your life and then help you change the way you look at this from a different point of view.

Please get in touch if you have any questions or if you would like to book an appointment

Call 01963 824454 or email kath@hypnotherapistsomerset.com

Kathleen White MABCH DABCH CAH CNHC registered



Member of CNHC Complementary & Natural Healthcare Council. Registration number 6643004

Member of UKCHO UK Confederation Hypnotherapy Organisation

Member of the NHS Directory of Complementary and Alternative Corporation of Advanced Hypnotherapy

Senior member General Hypnotherapy Register

Kathleen is an experienced and respected hypnotherapist in the Somerset area who has helped many hundreds of clients to overcome their problems and achieve incredible goals. She uses goal orientated therapy to help you overcome blocks and habits to enable you to be the best you want to be, or sometimes you just want to become like your old self once again.

Kathleen has 25yrs experience in Advanced Hypnotherapy and trained at The Atkinson Ball College which is a member of the Corporation of Advanced Hypnotherapy & Hypnohealing and this allows her to have constant updated training in new techniques in Advanced Hypnotherapy and NLP.