

What is Hypnotherapy?

Hypnotherapy, as practised by well qualified experienced therapists, is an effective treatment for a wide range of conditions.

It utilises the natural and normal (but powerful) state of deep relaxation (hypnosis) to access the deeper levels of the mind so that you can achieve your goals.

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Established 1989

Integrated Hypno-Psychotherapy

Registered with

UKCP, EAP, EAHP and WCP



Shaun Brookhouse
GCGI, MA, CertEd, ADHP(NC), DEHP(NC),
ECHP, ECCH, FNCSAG
Clinical Member of UKCP

Your Local Practitioner

Your local practitioner has trained with the **National College of Hypnosis & Psychotherapy**, one of the longest established (1977) and most respected hypnotherapy/hypno-psychotherapy training institutes in the world.

Your practitioner is a member of the National College Student and Alumni Guild.

Membership Levels

Licentiates NCSAG(Lic): have completed all requirements for the Certificate in Hypno-Psychotherapy **(CHP(NC))**

Full Members MNCSAG: have completed all the requirements for the Diploma in Hypno-Psychotherapy **(DHP(NC))**

Fellows FNCSAG: have completed all the requirements for the Advanced Diploma in Hypno-Psychotherapy **(ADHP(NC))**



Managing Anxiety, Stress or Panic with Hypnotherapy

Brookhouse Hypnotherapy Ltd

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Managing Anxiety, Stress or Panic

How can hypnotherapy help?

In the first instance, hypnotherapy can help with anxiety and panic attacks as your therapist can help you gain a really good understanding of what is happening to you. This, along with feeling understood by the therapist can help you make progress.



Is it time for you to learn a new response to stressful situations?

Then, your therapist will employ one or more of a wide range of hypnotherapeutic techniques which can help you to

experience less anxiety and fewer panic attacks, and to cope significantly better when the feelings do occur.

The process of relieving the fear of having the feelings is often the key to significant change.



Anxiety is a natural, normal and necessary protection mechanism: but is yours just too much?

Once you feel more confident in your ability to cope, and less anxious about being anxious, you will just get better and better!

Sometimes, and only with your agreement, a therapist may recommend looking back at past experiences to assist you to deal with the causes of anxiety issues.

This can be very helpful but is not always required.

Frequently asked questions:

Q. Will I be aware of what is happening and will I remember everything?

A. Yes to both

Q. Will you re-programme my mind?

A. This is an outdated concept of hypnotherapy— in reality, your therapist helps you to access the resources you already have and helps you to do this for yourself.

Q. What is your success rate?

A. We are not ethically allowed to quote statistics, but all NCSAG practitioners monitor their results to ensure they are offering the best service.

Q. Do you guarantee success?

A. It is never possible to guarantee human behaviour, but we will do all we can to help