

Hypnotherapy

Are you dealing with any of the following issues?

Anxiety
Confidence and Self-Esteem
Success in Examinations
Alcohol Addiction
Smoking Cessation
Other Drug Addiction
Pain Relief
Phobias
Grief and Bereavement
Sports Performance Optimization
Insomnia
Stress
Weight Control

I can assist you with these issues and others with hypnotherapy, psychotherapy and counselling.

What are Hypnosis and Hypnotherapy?

Trance is a natural state of consciousness that occurs repeatedly through the course

of everyday life. One example of a light trance is being completely absorbed in a book. Hypnosis refers to trance states of varying depth. In such states, memories and processes that are ordinarily unconscious are more readily accessible, and hypnotherapy is psychotherapy using hypnosis for healing and change.

What is hypnosis like?

As stated, light trance or hypnosis is somewhat like being completely absorbed in a good book or drama. Deeper hypnotic states also have a feeling of deep calm and stillness, much like deep meditation. The trance itself is quite pleasant.

In hypnosis, you are completely aware and in control. Clients are able to bring themselves out of trance at any point, just as you can shake off a tired feeling, though it is better and more gentle to come out of trance slowly. Clinical studies have proven that any attempt at coercion during trance would be no more effective

than the same out of trance (for instance, by advertising or propaganda). Needless to say, this is not part of hypnotherapy.

Awareness during trance can be much greater than in ordinary consciousness, as unconscious memories, etc., are more readily available. Voluntary change for therapeutic goals are more effective during trance as changes that the client wants to make are accepted at an unconscious level, where the conscious level alone is not always enough.

What Therapies are Offered?

Besides hypnotherapy, I offer psychotherapy and counselling. I use a variety of approaches including NLP, Cognitive Behavioural Therapy, Rational Emotive Therapy, Transactional Analysis, Rogerian Counselling, and Egan's Three Stage Counselling Model.

About Counselling

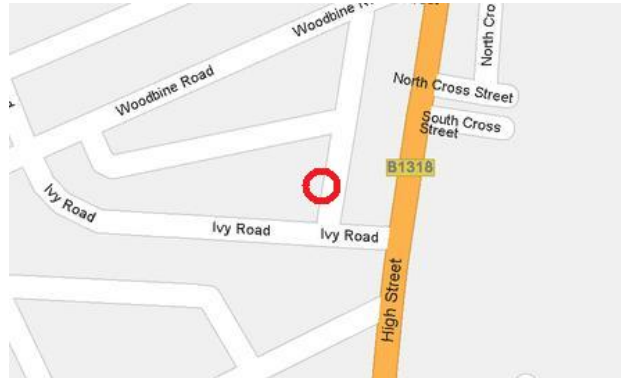
Sometimes we are too close to our own issues and have difficulty “seeing the wood for the trees.” The purpose of counselling is not for the counsellor to solve the client's problems, but to give the client an ear and an outside view and assist the client in finding solutions him or herself. One of the goals of effective therapy is to empower the client to be able to deal, independently, with whatever issues are of concern. Counselling may be suitable for clients who wish to discuss a matter, without the use of hypnotherapy.

About me

I qualified in hypnotherapy, psychotherapy and counselling with SACH (School of Analytical and Cognitive Hypnotherapy) in Oxford in 2001, and am a member of the GHR (General Hypnotherapy Register). I am also a meditation and martial arts instructor.

Where? When? How much?

I practice in the Pilates Studio, 2-6 Back Ivy Road, Gosforth, NE3 1DB:



Travelling North along the High Street, turn left after Trinity Church into Ivy Road, then right into Back Ivy Road, the Pilates Studio is on your left.

Hour long sessions may be booked from Monday to Saturday, 9am to 5pm. Weekdays are preferable.

The duration of therapy is dependent on the individual case. Simple issues may be dealt with in a single session; more complex issues may take as many as six sessions. In the unlikely

event that progress is not being made, I would inform you as soon as it was apparent.

The normal price is £40 per hour. As I am newly returned to the area, I am offering £35 per hour to clients that make their first visit by August 31st, 2009. All clients who begin therapy after that will be charged £40 per hour.

Confidentiality

All cases are dealt with in strict confidence. I may discuss your case, without reference to your identity, with my professional advisors and instructors. Other than that I would not disclose your case except where obliged to owing to a danger existing to you or another.

I can be contacted at

NaturalHealth@oakebooks.com

0191 236 2451

Tony Brush DipHypSACH, GQHP,
GHR Reg