

Your Investment

Your investment in the Hypnosis for Dental Anxiety program is £75 per week.

This includes:

- ◆ A one hour consultation with me at Lyme Bay Dentistry.
- ◆ A copy of my Self Hypnosis for Dental Anxiety CD
- ◆ An optional extra mini session of up to 20 minutes, to be held by phone, or email, during the week in-between appointments.

This additional contact is designed to back up the work we have done together. It is especially valuable for the parents of young children who want to continue to help their child make extra progress in between sessions.

Don't suffer in silence

If you are anxious about any aspect of dental treatment please call me and I'll explain how hypnosis, NLP and EFT can help you to release any inappropriate concerns and allow you to take back control of the situation.

To arrange a FREE assessment consultation by telephone please call, or email and ask for

Anne Marshall
info@annemarshall.com

anne marshall

BSc, D.Hyp, PDCHyp, MBSCCH
Member of the British Society of
Clinical Hypnosis
NLP Practitioner
EFT-ADV

Appointments are available from
10 am — 4pm
Monday to Friday at:



LYME BAY DENTISTRY

For further information
please contact:

t: 01404 881630
m: 07803 600696

e: info@annemarshall.com
w: www.The-Phobia-Clinic.com

Cancelled Appointments

To avoid a charge please give at
least 8 working hours notice.

anxious about your dental care?

clinical hypnosis
NLP & EFT
can help you to:



release fear & anxiety
promote rapid healing
relieve discomfort

anne marshall
www.the-phobia-clinic.com

Anxious about dental treatment?

I'm here to help

One of the most common reasons for people to consult a Hypnotherapist is to overcome a fear or phobia, such as fear of visiting the dentist.

Everyone gets anxious from time to time and this is perfectly normal, but when the fear becomes intense, or out of control then it is time to start thinking about seeking help to release the anxiety and take back control.

Hypnosis is a natural and effective way of doing this. It allows you to make contact with your unconscious mind where all your fears, anxieties and beliefs about yourself are stored. When you enter this deeper and quieter level of the mind you can achieve many things, for example;

- creating a state of deep relaxation prior to and during treatment.
- releasing fears, phobias or anxieties about your dental care.
- minimising discomfort through pain control techniques.
- promoting speedy healing and recovery following treatment.

Self -Hypnosis

Self-Hypnosis is easy to learn and gives you the opportunity to amplify and use resources within yourself which you would usually consider to be outside the realm of your normal waking awareness.

Self-Hypnosis is always taught as part of the treatment programme and is backed up by a CD for you to use at home. It gives you a powerful tool to help reduce fears and anxiety and achieve a more relaxed approach to your dental care.

EFT & NLP

These techniques are known for their ability to rapidly release anxieties, fears, phobias and other negative emotional states and they are an excellent adjunct to hypnosis. Best of all once learnt they are yours forever.

What to expect in your first session

In our first session I ask you to tell me about all the factors that are relevant to your fears or anxieties and this information will then guide the choice of techniques we use together. In most cases I also like to use this session to teach you EFT and self hypnosis, simply because with these measures alone you can achieve tremendous results, especially if you are also willing to practice at home, in-between sessions.

Follow up sessions

Follow up sessions normally take place about a week after your initial consultation. In these sessions we will review how you feel and use either hypnosis, or EFT to release any remaining fear. Most people find that two or three sessions are all that is needed to reach an acceptable level of confidence and ease.

About your practitioner

Anne Marshall has been in practice as a Clinical Hypnotherapist since 1997 and has many years experience within the fields of anxiety and phobia management. She offers:

- Face to face appointments at Lyme Bay Dentistry
- Telephone appointments for EFT
- A free copy of her self hypnosis CD for all new clients

The next step?

For a free assessment consultation to discover how hypnosis or EFT/NLP can be of help call the number below and ask for Anne Marshall:

07803 600696

or

01404 881630