

## Don't suffer in silence

If you are anxious about taking your driving test, or if you have a high level of anxiety about driving itself, then give me a call and we can start the process of helping you take back control.

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

Anne Marshall

07803 600696

01404 881630

info@annemarshall.com

www.the-phobia-clinic.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

w: www.Keep-The-Change.co.uk

### Cancelled Appointments

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

# anxious about your driving test ?



clinical hypnosis  
NLP & EFT  
can help you to:

release fear & anxiety  
enhance memory & recall  
increase focus & confidence

anne marshall  
www.the-phobia-clinic.com

# Anxious about your driving test ?

## I'm here to help

For many people the anticipation of taking their driving test can be just as bad as the test itself. Anticipatory anxiety of what might go wrong can lead to unhealthy levels of stress which can impair your performance on the day of the test.

Many of the anxieties associated with taking a driving test stem from lack of confidence in a test situation as well as fear of 'losing control' whilst being assessed; but it need not be this way.

Hypnosis is a natural and effective way of making 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 change many things, for example;

- release unhelpful fears and anxieties and replace them with positive beliefs and expectations about yourself.
- improve your memory and confidence prior to a test or challenging event.
- easily enter a profound level of relaxed yet focused awareness.

## 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 anxieties and achieve a more relaxed approach to your driving test.

## 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 consultations

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 in Lyme Regis
- 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