

Don't suffer in silence

If you are anxious about any aspect of flying 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

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 flying?



clinical hypnosis
NLP & EFT
can help you to:

release fears & phobias
reduce stress & anxiety
increase confidence

anne marshall
www.the-phobia-clinic.com

Anxious about air travel ?

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 flying or of being in airports.

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 your flight.
- releasing fears, phobias or anxieties about your travel plans.
- releasing anticipatory anxiety.
- building up confidence levels.

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 travel plans.

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