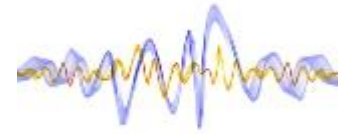


Personal Hypnosis Recordings

Helping my clients to make improvement to wellbeing is immensely important to me and alongside health coaching I consider clinical hypnosis to be one of the best tools available to help bring about positive changes, quickly and easily.

It's immensely satisfying work from my point of view but of course not everyone can take time off work or travel long distances to work with me.



So this is why I started making personal hypnosis recordings. It gives you all the benefits of working one to one with a Clinical Hypnotherapist, without the inconvenience or expense of travel time.

I've also found that in addition to the face to face work done in the clinic my clients often asked me to create a separate custom made CD for them to use at home in between sessions and over the years I have found that this works very well, so after a few years of working in this way it become a natural evolution to offer this as a separate service and in fact it has many advantages:

Just a few of the benefits

- There is no need to take time off work during office hours to come and visit me at my clinic.
- You can listen to your recording over and over again in the comfort and privacy of your own home and at a time that is entirely convenient to you.
- I can gather all the information I need to make a bespoke recording for you just as easily over the phone and by email as I can in the clinic.
- Hypnosis usually works best when the 'suggestions for change' are repeated frequently over a period of weeks and having your own personal CD facilitates this.
- One of the best times to 'program' your mind for change is just before you fall asleep at night and many people find it particularly effective to listen to their CD at bedtime.

Your Investment

For a one off cost of **£75** I will record a hypnosis session for you based on your personal case history, preferred language patterns and specific goals.

Some things to be aware of:

Even though I hope that you find a single purchase of a CD to be really effective, it's usual to book a number of sessions, just as you would if you were working with me face to face.

Until I know what your specific goals are, I cannot give an accurate estimate of how many sessions/ recording may be needed. On average I work with clients for about 3-5 sessions / recordings and I usually expect at least some measurable benefit to be felt after the first session, with further benefits unfolding as our work together progresses.

But really effective hypnosis is seldom a one off event. Repetition and development is important and if you chose to work with me from a distance I ask that you make a commitment to listening to your recording regularly and to updating me on your progress so that I can work alongside you until you have achieved your goals.

Here are a few of the most common reasons I'm approached for help.

- Lack of confidence, high anxiety, or stress levels.
- Enhancing the process of healing, pre-operative preparation or post operative recovery.
- Maternity care, from pre-conception to birth preparation and postnatal recovery.
- Habit breaking, such as smoking, or overeating.

Please be aware I only take on clients that I feel I can genuinely help.

If I don't feel I have the necessary expertise to help your problem, or if I feel that it would be better if you visited a practitioner face to face, I will say so and refer you on to a colleague where possible.

As soon as you are ready to start I'll send you a pay pal invoice and once payment is received we'll set a date in the diary for a phone call (all calls are to a UK landline) so that I can learn more about what you would like to achieve.

To help me design the most effective session for you I need to know a little bit about you and I ask that we set aside approximately 30 minutes to work together on the phone, so that I can gather all the information I need, just as I would do in a normal face to face session. If you prefer you can 'talk' to me via email, prompted by a set of questions that I'll send you on booking.

Take the first step



The first step is to get in touch with your questions and let me know what you would like your custom made recording to help you with, I'll then get back to you with a realistic assessment of how I can help.

[Click here to get in touch](#)

. . . and the step after that

Within ten days of our call I will record, edit and produce your CD, which normally lasts between 30 – 40 minutes and send it out to you via first class post. Each recording contains carefully crafted NLP and hypnotic language patterns to help you achieve the maximum benefit.

I can add background music to your recording, or not, according to your preferences and I will also send you a link to the mp3 download. This is all included within the £75 fee.