



The Brookhouse Hypnotherapy Group

- *Hypnotherapy*
- *Psychotherapy*
- *Coaching*
- *Counselling*
- *Eye Movement Desensitisation and Reprocessing*
- *Neuro-Linguistic Programming*

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Why?

So, what are we all about?

All members of the Brookhouse Hypnotherapy Group are dedicated to helping their clients to:

- Resolve problems as quickly as possible
- Improve their well-being
- Improve their mental health
- Raise their self-esteem
- Strive towards reaching their potential
- Be fully functioning authentic, autonomous people

All practices are Evidence Based and we all start from the fundamental training in Hypnotherapy as the means by which we can achieve these aims most effectively. The additional therapies included in this booklet add to this base and may be utilised when appropriate to increase our effectiveness.

About the Brookhouse Hypnotherapy Group

Brookhouse Hypnotherapy is the name of a national group of practices founded by Shaun Brookhouse in 2003. Shaun has appointed well qualified hypnotherapists to run practices in areas across the UK. You can find practitioners' CVs and contact details towards the end of this booklet, but here we would like to give you some background to the founder of the group.

Shaun is an award winning hypnotherapist and trainer (in the UK, Australia and US). He earned a Masters Degree in Education Studies (researching the development of hypnosis training 1971-1998) and a Post Graduate Certificate in Clinical Supervision. This is in addition to a plethora of professional diplomas and certifications in hypnosis, hypno-psychotherapy, psychotherapy, coaching, counselling, EMDR and NLP.

Shaun is the Principal of the National College of Hypnosis and Psychotherapy, founded in 1977 which is the oldest and largest hypno-psychotherapy institute in the UK. Shaun is the current Chair of the European Association for Hypno-Psychotherapy, a modality expert in hypno-psychotherapy through the European Association for Psychotherapy, co-founder of the National Society of Hypnosis and Psychotherapy, an ex-chairman of the National Council for Hypnotherapy, a former Chair of the Hypno-Psychotherapy Section (College) of UKCP, and Founding Chairman of the UK Confederation of Hypnotherapy Organisations. Additionally, he is a UKCP Registered Hypno-Psychotherapist & Psychotherapeutic Counsellor, an accredited Solution Focused Practitioner and an EMDR Therapist.

Shaun is the author/co-author of 5 books on the subject of hypnosis, coaching and ethical practice. He has travelled to 5 continents to teach on the subject and is considered one of the most sought after teachers in the field in the world.

In most forms of therapy it is mandatory for therapists to have regular supervision. This involves them discussing their cases with a qualified supervisor, with the purpose of ensuring that the therapist is offering the best possible service to their clients. All members of the Brookhouse Hypnotherapy Group are committed to receiving regular supervision from either Shaun Brookhouse or Fiona Biddle.

History of Hypnosis

Hypnotic or suggestive therapy has been used as a healing technique since the beginning of history. References to it can be found in the Bible, although the name was not introduced until much later. It was of prime importance in the "sleep temples" of Ancient Greece which were places of pilgrimage and healing.

In the Middle Ages belief in miraculous cures associated with religious shrines was widespread. Healing was brought about by touch and prayer.

During the 18th Century the theory of "Magnetism" was developed. Franz Anton Mesmer argued that the planets influenced mankind through their magnetic effects on the "fluid" which occupied all space. He discovered that he could induce people into a trance like state and concluded that he himself must be a kind of magnet, hence the term "Animal Magnetism". This idea was soon discredited by a French Royal Commission which found that the magnetic fluids did not exist. James Braid re-examined Mesmerism in the 19th Century and reached similar conclusions. It was he who coined the term "Hypnosis" for the induction of a trance like state through simple suggestion.

In the early part of the 20th Century hypnosis was used almost exclusively by stage hypnotists, thereby projecting a hopelessly distorted view of the very powerful therapeutic tool. However, in 1955 the British Medical Association endorsed the practice of hypnosis in Medical School education, since then it has become a valuable addition to conventional medical treatment.

What is Hypnosis?

Have you ever been so involved with a task that you have lost track of time? Have you ever driven from one place to another and arrived safely, but not remembered the journey? Have you ever read a book and become so involved with the plot you can see scenery and hear characters speak? Have you ever day-dreamed? These are everyday examples of an altered state of awareness.

Hypnosis is another example of an altered state of awareness-one which can be used for self help. It is a perfectly natural state which occurs between being fully awake and fully asleep. In the clinical setting hypnosis is usually accompanied by a pleasant state of physical relaxation which in itself is beneficial, especially in the symptoms induced by or aggravated by stress. The term Hypnotherapy means the use of hypnosis for the treatment and relief of a variety of somatic and psychological symptoms.

It is important to note that no one can be hypnotised against their will and no one can be forced to do things while under hypnosis that they do not want to do.

During hypnosis, you will be aware of what is happening: most people do not “feel hypnotised.” You are still in control.

Hypnotherapy

Hypnotherapy is the clinical application of hypnosis to assist clients to resolve problems arising from habits, maladaptive behaviours, pain (under medical supervision) and psychosomatic medical conditions. It can also be used to assist clients in maximising potential in settings such as work and sport. Hypnotherapy alone is not suitable to deal with deep psychological issues or psychiatric illness (see psychotherapy below).

Hypnotherapy in the UK is regulated by the Complementary and Natural Healthcare Council. This is a voluntary process (ie someone practising as a hypnotherapist who is not registered is not breaking the law), the Department of Health recommend that the public only visit a person who is registered with them, if the therapy is covered by them.

This is a very welcome step toward protection of the public from therapists with little training.

There are various models of hypnotherapy which can be applied depending on the needs of the client:

Motivational Hypnotherapy

Motivational hypnotherapy is mostly used in cases where a client is wanting to make a change, or to achieve a goal. Examples include:

- Smoking cessation
- Weight control
- Career goals
- Performance enhancement:
 - Sport
 - Learning
 - Creativity

Cognitive Behavioural Hypnotherapy

This model uses theories from both cognitive and behavioural psychology to address issues of thought and behaviour. This can be a very effective process for a wide range of issues including:

- Fears and phobias
- Anxiety and panic attacks

- Medical issues
- Study skills
- Confidence issues
- Sleep

Analytical Hypnotherapy

Sometimes clients are unsure of why they have a particular problem or cannot achieve a goal. It can then be useful to use analytical age regression techniques to have a look back and discover what occurred in the past that has led to the current situation. There are a few critical factors in analytical hypnotherapy:

- Causes are often in childhood, and re-examining them with your adult mind can help resolution
- You may or may not already be aware of the cause; even if you are you may not realise all the factors involved and analysis can help you get a clearer more complete picture
- There is no need to "re-experience" bad times: it can be as though you are simply observing

Hypnotherapy is completely natural and safe. There are no harmful side-effects. When administered by a professionally trained and skilled Hypnotherapist the benefits are long lasting and often permanent.

Qualifications and Regulation for Hypnotherapy

Members of the Brookhouse Hypnotherapy Group have a minimum training of one year at level 5 with a qualification accredited by NCFE one of the National Awarding Bodies or the Certificate in Hypno-Psychotherapy from the National College of Hypnosis and Psychotherapy (Recognised for 75 credits from the Open University). This is above the level required by the Complementary and Natural Healthcare Council, the regulator of Hypnotherapy in the UK.

All are members of The National Society of Hypnosis, Psychotherapy & Mindfulness which operates a comprehensive complaints process to back up its Code of Ethics.

All undertake regular supervision, continuing professional development and are insured.

Hypno-psychotherapy

Psychotherapy is defined by the United Kingdom Council for Psychotherapy as a process “to help clients gain insight into their difficulties or distress, establish a greater understanding of their motivation, and enable them to find more appropriate ways of coping or bring about changes in their thinking and behaviour. Psychotherapy involves exploring feelings, beliefs, thoughts and relevant events, sometimes from childhood and personal history, in a structured way.”

Hypno-psychotherapy is the clinical application of hypnosis to enhance psychotherapeutic interventions.

In other words, a hypno-psychotherapist can work with everything that a hypnotherapist works with, but is also qualified to work with deeper psychological issues and some psychiatric illness (in conjunction with other medical professionals).

Qualifications and Regulation for Hypno-psychotherapy

Members of the Brookhouse Hypnotherapy Group who show in their biographies that they are qualified to work as psychotherapists have undertaken at least the first two stages of the training offered by the National College of Hypnosis and Psychotherapy which leads to accreditation by the United Kingdom Council for Psychotherapy. If they have not completed all four they are still working towards this goal.

All UKCP training is at master's level and takes a total of four years. The UKCP is in (at the time of writing) in the process of applying to the Professional Standards Authority (previously the Council for Healthcare Regulatory Excellence and the body that governs all medical professions) to be an Accredited Voluntary Register. This scheme is in the process of implementation.

All are members of The National Society of Hypnosis, Psychotherapy & Mindfulness which operates a comprehensive complaints process to back up its Code of Ethics.

All undertake regular supervision, continuing professional development and are insured.

Coaching

Coaching is a formalised means of one person helping another to achieve their hopes and dreams, and to fulfil their potential. Many of us spend too much time existing, and not enough living. We often find it difficult to know how to get where we want to go, and even to know where we want to go. Coaching can help.

Your coach will assist you to gain clarity (if you need it) as to your goals. What do you truly value in life? What and who do you truly want to be? From this point, your coach will guide you, support you and motivate you in your journey towards meeting your goals.

Goals may be on many levels:

- career
- home
- family
- friends
- finance
- activities
- other personal achievements.

Goals may be small or huge, vague or precise. Whatever you bring will be what your coach will be helping you with: you will not be told what your goals should be!

Qualifications and Regulation for Coaching

There is no regulation for Coaching in the UK but members of the Brookhouse Hypnotherapy Group who show in their biographies that they are qualified to work as coaches have all undertaken comprehensive training in this field.

Counselling

Counselling is a word that is often misunderstood. There is a difference between having a discussion, giving information and counselling.

Counselling is a process whereby the client is encouraged to explore their thoughts, feelings and experience in order to resolve issues and move forward productively.

The counsellor is there to listen, understand and assist with the process. Often the process of simply unburdening oneself to someone who is interested, but not involved, can be very therapeutic! It can make a pleasant change not to be judged. However, this is not all. Counsellors will also work with you to examine reasons for situations and to explore possible avenues for your future.

Counselling can be used for:

- dealing with current problems
- dealing with the past
- planning for the future
- personal growth

Qualifications and Regulation for Counselling

Members of the Brookhouse Hypnotherapy Group who show in their biographies that they are qualified to work as counsellors have undertaken a full training in counselling.

As with all talking therapies there is no statutory regulation of counselling in the UK but a full training is usually considered to be a minimum of two years at level 4 or 5.

All are members of The National Society of Hypnosis, Psychotherapy & Mindfulness which operates a comprehensive complaints process to back up its Code of Ethics.

All undertake regular supervision, continuing professional development and are insured.

Eye Movement Desensitisation and Reprocessing

EMDR is a powerful psychological treatment method that was developed by an American clinical psychologist, Dr Francine Shapiro, in the 1980s. As a Senior Research Fellow at the Mental Research Institute, she published the first research data to support the benefits of the therapy in the 1989.

Since then a wealth of research has been conducted demonstrating its benefits in treating psychological trauma arising from experiences as diverse as war related experiences, childhood sexual and/or physical abuse or neglect, natural disaster, assault, surgical trauma, road traffic accidents and workplace accidents. Since its original development, EMDR is also increasingly used to help individuals with other issues and performance anxiety. EMDR has been found to be of benefit to children as well as adults.

EMDR is a complex and powerful therapy. Therapists always have a background in mental health before undertaking training in EMDR. You are strongly recommended to only consult legitimate clinicians who have undergone a bona-fide EMDR training.

Qualifications and Regulation for EMDR

Members of the Brookhouse Hypnotherapy Group who show in their biographies that they are qualified to work in EMDR have undertaken a bona-fide EMDR training which is only open to those with a proven background in mental health.

All are members of The National Society of Hypnosis, Psychotherapy & Mindfulness which operates a comprehensive complaints process to back up its Code of Ethics.

All undertake regular supervision, continuing professional development and are insured.

Neuro-Linguistic Programming

Neuro Linguistic Programming (NLP) is a model of communication that focuses on identifying and using patterns of thought that influence a person's behaviour as a means of improving the quality and effectiveness of their lives. It offers a paradigm of how the brain works (neuro), about how language interacts with the brain (linguistic), and how we use this interaction to get the results we want for ourselves and others (programming). It is an effective, proven vehicle for accelerated human change, radically altering the "old way" of lengthy psychotherapy.

NLP was initially created by linguist Dr. John Grinder and computer scientist and Gestalt therapist Dr. Richard Bandler. Together they produced a linguistic model that identified the language patterns of a few gifted individuals such as hypnotherapist Milton Erickson, MD., Fritz Perls of Gestalt therapy, anthropologist Gregory Bateson and Virginia Satir of family systems therapy. The synthesis of their findings, a blend of cognitive and behavioural science, resulted in the technology known as Neuro Linguistic Programming. In the 20+ years since it was first developed, NLP has grown, changed and expanded, and it continues to do so today

Qualifications and Regulation for NLP

Members of the Brookhouse Hypnotherapy Group who show in their biographies that they are qualified to work with NLP have undertaken a minimum of a Practitioner training while most have done a Master Practitioner training and some have gone even higher.

All are members of The National Society of Hypnosis, Psychotherapy & Mindfulness which operates a comprehensive complaints process to back up its Code of Ethics.

All undertake regular supervision, continuing professional development and are insured.

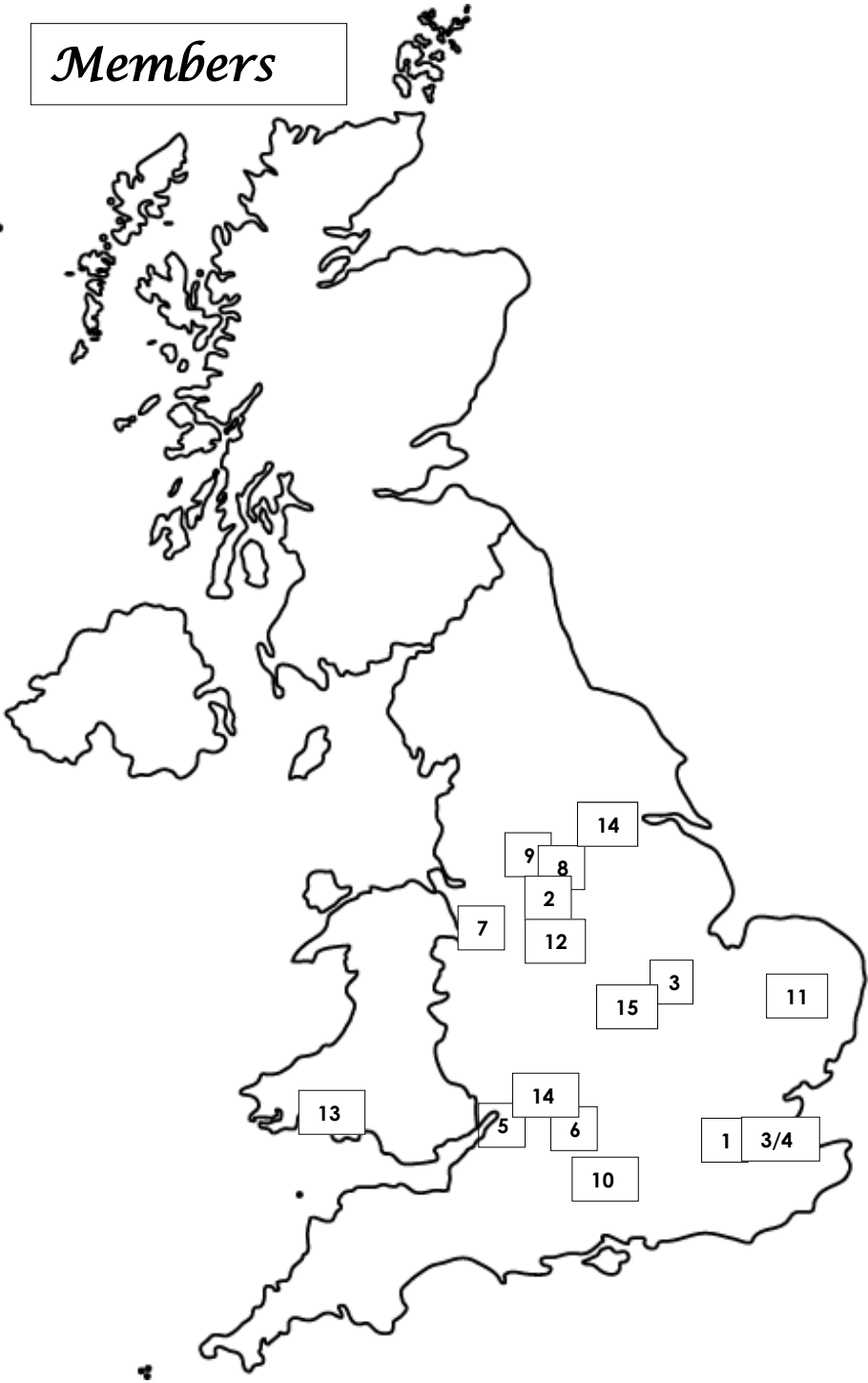
Online Therapy

There are advantages to having therapy online in that you do not need to travel to see your therapist. All you need is a computer, phone or tablet, a good connection and somewhere quiet to sit during the session. However there is a down side, primarily that you are not physically in the same room as your therapist so it will feel different to being in the same space. Also, if you are in your own home then there can be distractions and not the same separation of therapy from your life.

If you decide that online therapy is right for you, ensure that your therapist is appropriately qualified. There are lots of things they need to know about how to organise these sessions for your safety and security so this is really important. At the time of writing the best online system to use is VSEE. It is similar to Skype but more secure. You could also use the phone but of course this doesn't have a visual element which would help both parties.

Members of the Brookhouse Hypnotherapy Group qualified to offer online therapy are indicated on page 15.

Members



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enquiries@hypnomanchester.co.uk



Shaun has earned:

- MA in Education from Liverpool John Moores University
 - PGCert in Clinical Supervision from the University of Derby
 - Certificate in Education from Manchester University
 - Diploma in Hypnotherapy from the American College of Clinical Hypnotherapy
 - Diploma in Clinical Hypnotherapy from the London College of Clinical Hypnosis
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- Diploma in Hypnotherapy and Psychotherapy from Centre Training School
 - Hypnotherapy Practitioner Diploma from the National Council for Hypnotherapy and NCFE
 - Advanced Diploma in Hypno-psychotherapy from the National College of Hypnosis and Psychotherapy
 - Certificate and Diploma in Ericksonian Hypno-Psychotherapy from the National College of Hypnosis and Psychotherapy
 - Diploma in Professional Counselling from the Australian Institute of Professional Counsellors
 - Diploma in Advanced Hypnotherapy from the Hypnotism Training Institute of Los Angeles
 - Diploma in Hypnotherapy from the Hypnosis Motivational Institute
 - Diploma in Handwriting Analysis from the Hypnosis Motivational Institute
 - European Certificate in Clinical Hypno-Psychotherapy
 - European Certificate in Psychotherapy
 - EMDR parts 1-4
 - Accredited Solution Focused Practitioner from the UK Association for Solution Focused Practice
 - Diploma in Individuals' Couples' and Corporate Mindfulness-based Therapies and Mentoring, National College of Clinical Mindfulness (Formally ELK National College For Integrated Group Practice Healthcare)
 - Diploma in Psychotherapeutic Counselling, Northern Guild Psychotherapy and Counselling
 - TITC-CT, Traumatology Institute Training Curriculum, Clinical Traumatologist

He has been in the therapeutic profession since 1989.

Shaun is a professional member of the following organisations:

- The United Kingdom Council for Psychotherapy (reg no 00960061)
- International Society of Hypnosis
- The Complementary and Natural Healthcare Council (reg no 000531-L10)
- British Association for Counselling & Psychotherapy (reg no 260416)
- Australian Hypnotherapy Association (Honorary)
- European Association for Counselling (Accredited)

Shaun is a Fellow of :

- The National Society of Hypnosis ,Psychotherapy & Mindfulness (reg no 1406)
- European Association for Hypno-Psychotherapy

Of the therapies defined in this booklet, Shaun is qualified to provide:

- Hypnotherapy
- Psychotherapy
- Counselling
- Coaching
- Eye Movement Desensitisation Reprocessing
- Neuro-Linguistic Programming
- Online Therapy

Shaun was the founding chair of the UK Confederation of Hypnotherapy Organisations (UKCHO) and a past chair of the Hypno-Psychotherapy Section of UKCP and National Council for Hypnotherapy.

Shaun is co-author of four books: "Motivational Hypnotism", "Hypnotic Coaching" and "Building a Successful and Ethical Therapy Practice", "Therapeutic Inspirations" and the author of "Hypnotherapy Training: An investigation into the development of clinical hypnosis training 1971-1998", and is a contributing author to "Consumer Guide to Hypnotism" and the "Clinicians Complete Reference to Complementary and Alternative Medicine"

Shaun has been a member of the Governing Board and Board of Trustees of the United Kingdom Council for Psychotherapy, and an editorial advisor to The Psychotherapist. He is the current Chair of the European Association for Hypno-Psychotherapy, and a Modality Expert with the European Association for Psychotherapy.

Additionally, he is the Principal of the National College of Hypnosis and Psychotherapy and teaches their Certificate and Diploma courses in London and specialist classes internationally.

Shaun's schedule of fees is as follows:

Manchester (and online):

£70 Per Session (1 hour)

£100 For Special ONE Session Smoking Cessation Therapy (1 hour)

(free follow-up within 3 months if required)

London:

£90 Per Session (1 hour)

£175 For Special ONE Session Smoking Cessation Therapy (1 hour)

(free follow-up within 3 months if required)

Payment may be made by Cash, Cheque or Credit/Debit Card and is due at the time of the appointment, unless otherwise arranged. Additionally, he is a recognised provider of psychotherapeutic services for BUPA, PruHealth and WSA.

Fiona Biddle BSc (Hons), MSc, DipCouns, HPD, ADHP(NC), ECP, UKCP(Accred), FNSHP(Hon)
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fiona@fionabiddle.co.uk



Fiona has earned:

- BSc in Computing from Loughborough University
 - MSc in Medical and Health Sciences from Sheffield University
 - Diploma in Counselling from Exeter College
 - Certified Professional Coach, International Institute of Coaching (USA)
- Hypnotherapy Practitioner Diploma from the National Council for Hypnotherapy and NCFE
 - CertHypSup, Certificate in Hypnotherapeutic Supervision from the National Council for Hypnotherapy and NCFE
 - HypnoBirthing Practitioner Certification from the HypnoBirthing Institute
 - Advanced Diploma in Hypno-psychotherapy from the National College of Hypnosis and Psychotherapy
 - European Certificate in Clinical Hypno-Psychotherapy
 - European Certificate in Psychotherapy
 - EMDR parts 1-4
 - Diploma in Individuals' Couples' and Corporate Mindfulness-based Therapies and Mentoring, National College of Clinical Mindfulness (Formally ELK National College For Integrated Group Practice Healthcare)

She has been in the therapeutic profession since 1993.

Fiona is a professional member of the following organisations:

- The Complementary and Natural Healthcare Council (reg no 000455-L10)

Fiona is a Fellow of:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 2628)
- The European Association of Hypno-Psychotherapy
- The United Kingdom Council for Psychotherapy (reg no 07159394)

Of the therapies defined in this booklet, Fiona is qualified to provide:

- Hypnotherapy
- Psychotherapy
- Counselling
- Coaching
- Eye Movement Desensitisation Reprocessing
- Neuro-Linguistic Programming
- Online Therapy

Fiona is an ex-chair of the UK Confederation of Hypnotherapy Organisations (UKCHO) and of the National Council for Hypnotherapy.

Fiona is co-author of five books: "Motivational Hypnotism", "Hypnotic Coaching" and "Building a Successful and Ethical Therapy Practice", "Therapeutic Inspirations" and "Being Active: a guide for hypnotherapy weight control clients", and is a contributing author to "Consumer Guide to Hypnotism".

Fiona is Chair of the College of Hypno-psychotherapists which is a "department" within the United Kingdom Council for Psychotherapy and is a member of the UKCP's Psychotherapy Council. She is also a trustee of UKCP and sits on the Colleges and Faculties Committee and is Vice Chair of the Education, Training and Practice Committee. She was chair of the group which created the UKCP's Central Complaints Procedure.

She is also Managing Director of the National College of Hypnosis and Psychotherapy and teaches their Professional Track programme: the route by which qualified and experienced hypnotherapists can add to their skill and knowledge base in order to reach the standards required by UKCP.

Fiona's schedule of fees is as follows:

£90 Per Session (1 hour)

£175 For Special ONE Session Smoking Cessation Therapy (1 hour)
(free follow-up within 3 months if required)

Payment may be made by PayPal, Cash or Cheque and is due at the time of the appointment, unless otherwise arranged.

William James Davies DHP(NC), DCMT, CHFP, MNSHP, CNHC (reg)
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William has earned:

- Diploma in Hypno-Psychotherapy (NC)
- Diploma in Clinical Mindfulness Teaching
- Certified Human Social Functioning Practitioner
- Certified Hypnotic Fertility Practitioner
- Completed training as an Acceptance and Commitment Therapist (ACT), and Mindfulness one year training and Compassion one year training (MA)
- J.P. Noble award winner 2017
- Anxiety UK approved therapist status

He has been in the therapeutic profession since 2013.

William is a professional member of the following organisations:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg. no. 4203)
- The Complementary and Natural Healthcare Council (reg. no. 000093-D13)
- Anxiety UK Approved Therapist

Of the therapies defined in this booklet, William is qualified to provide:

- Hypnotherapy
- Hypno-Psychotherapy

William has been in practice at the Snowsfields Wellness Clinic in London SE1 since 2013, following a career path that ranged from business to the arts, from employment in large corporations to small businesses and self-employment.

William chose to train in an integrative approach to psychotherapy, as this provides an understanding of a range of theories and techniques that can be used to tailor the therapy to suit the client and their needs. William also has a long-established mindfulness practice, based on trainings in secular mindfulness and compassion, and is a registered clinical mindfulness teacher, qualified to teach 8-week courses such as Mindfulness-based Cognitive Therapy. He also has a teaching channel on a popular mindfulness app. In order to better integrate this into his psychotherapy work, he has also undertaken training in Acceptance and Commitment Therapy (ACT), a flexible mindfulness-based behaviour therapy with a strong evidence base. ACT's emphasis on taking action towards values-based goals makes it a perfect compliment to his solution-focused approach to therapy.

In 2013 William qualified as a Certified Hypnotic Fertility Practitioner and since then he has regularly helped women and men with a variety of fertility problems. In 2016 he became an Anxiety UK approved therapist, and now helps their members with anxiety issues including phobias, panic attacks, social anxiety, obsessive compulsive disorder and generalised anxiety disorder.

William also works with hypno-psychotherapy to help people with a range of other difficulties and issues, including addictions, behavioural change, confidence, depression, fertility, irritable bowel syndrome (IBS), performance enhancement, public speaking, sleep-related problems, stress and stopping smoking.

William's schedule of fees is as follows:

£75.00 per session (up to one hour)

£125 Single session for Stopping Smoking (up to 90 minutes)

Payment can be made by card or cash at the clinic, or by Paypal in advance.

Danielle Lyons BSc (Hons), MSc, PGCE, Dip CH.P, HPD, CPC, MNCH (Acc), MNSHP, MBPsS
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Danielle has earned:

- BSc (Hons) in Psychology from Middlesex University
- PGCE (QTS) in Primary Education with Educational Psychology specialism from University of Leicester
- MSc in Health Psychology from UCL and UMDS
- Diploma in Clinical Hypnosis from Mindtrain
- Practitioner in NLP from UK Academy
- Certified Instructor from National Guild of Hypnotists
- Board Certified Hypnotist from National Guild of Hypnotists
- Certified Professional Coach (CPC) from UK Academy and NCFE
- Hypnotherapy Practitioner Diploma from the National Council for Hypnotherapy and NCFE
- Advanced Certified Clinical Hypnosis Pain Management Practitioner from American School of Clinical Hypnosis

She has been in the therapeutic profession since 2001.

Danielle is a professional member of the following organisations:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 3841)
- British Psychological Society
- National Council for Hypnotherapy
- The Complementary and Natural Healthcare Council (reg no 001500-L10)

Of the therapies defined in this booklet, Danielle is qualified to provide:

- Hypnotherapy
- Coaching
- Neuro-Linguistic Programming

Danielle has been involved in the study of psychology for twenty years, with a particular focus on health related behaviours including weight management and smoking. She has been involved in the fitness industry for several years and has spent time researching eating and exercise behaviour.

Danielle is an experienced educator working with both adults and children since 1987 and as a result has worked with a wide variety of people helping them to address issues of both personal and professional development through teaching, training, coaching and therapeutic services.

Danielle's schedule of fees is as follows:

£50 Per Session (1 hour)

£100 For Special ONE Session Smoking Cessation Therapy (1 – 1½ hours)
(£30 follow-up within 3 months if required)

Payment may be made by Cash, Cheque or Credit/Debit Card and is due at the time of the appointment, unless otherwise arranged.

Jackie Hill BSc (Hons), Adv.Dip.SACH.Hyp, Dip.SACH.Hyp, DipSW, PQSW, MBHA, GGHP
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Jackie has earned:

- BSc(Hons) Social Work – Anglia University
- Advanced Diploma in HypnoAnalysis and Integrative Psychotherapy from SACH International School of Analytical and Cognitive Hypnotherapy.
- Diploma in Analytical and Cognitive Hypnotherapy and Psychotherapy from SACH International
- Diploma of Higher Education – Anglia Polytechnic University
- NLP Certified Practitioner – SACH International
- Post Qualifying Award in Child Care – Anglia University
- Post Qualifying Award in Social Work – Anglia University
- Diploma in Social Work – Anglia University
- Level 1 EMDR - EMDR Institute

She has been in the therapeutic profession since 2002.

Jackie is a professional member of the following organisations:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 4566)
- The Hypnotherapy Association
- The General Hypnotherapy Register (Reg No: 1445)
- The General Hypnotherapy Standards Council
- The Complementary and Natural Healthcare Council (Reg no: 000046-117)

Of the therapies defined in this booklet, Jackie is qualified to provide:

- Hypnotherapy
- Neuro-Linguistic Programming

Jackie a fully qualified Advanced Clinical Hypnotherapist working in South East Essex based at Harold Wood. She is passionate about helping people overcome emotional issues and behavioural problems. Having always worked in the caring professions, previously as a Probation Officer and a Social Worker, she has over 20+ years' experience of working with adults, families, groups, adolescents and children. Consequently, she has experience of working with a diversity of people from all backgrounds, cultures, ages and abilities.

The move for Jackie to be more involved in therapeutic work felt a natural step to take. In 2002 she set up private practice as a counsellor, psychotherapist and hypnotherapist. Her clients were referred from Social Services and the general public.

In 2006 Jackie moved to France and opened a retreat. There she run self-growth workshops, couples relationship workshop weekends, and a 7 day stop smoking residential programme called Smoking BreakAway. When not working with clients staying on a residential basis or seeing day clients (mainly ex-pats) she spent time writing and creating hypnosis audio's recordings.

Jackie is author of 4 books: '97 Mistakes People Unwittingly Make When Trying to Stop Smoking', 'Kick Smoking Out of Your Life in 10 Easy Steps', 'The Power of Love: 21 Winning Ways to Attract Your Ideal Partner' and '107 Things You Can Do to Stop Smoking'. She has written numerous self-help eBooks and produced a number of hypnosis CD's and audio downloads in various subjects. She is also the creator of the 'I-QUIT Smoking Programme which consists of a Guidebook, Workbook and 9 CDs.

Jackie assists clients with a wide range of issues, including behaviour modification, anxiety, stress, depression, trauma, abuse, substance misuse, addictions, abuse, insomnia, panic attacks, fears and phobias. She also has experience of working with children and young people who were victims of abuse.

Jackie's schedule of fees is as follows:

£60.00 Per Session (1 hour)

Payment may be made by Cash, Cheque or on line via Paypal and is due at the time of the appointment.

Barry Wharton BA. CSci. CChem. MRSC. FIBMS. CHP(NC). MNSHPM, MNCH
Bristol
0117 325 1210
www.ensohypnotherapy.co.uk
barry@ensohypnotherapy.co.uk



Barry has earned:

- Institute of Biomedical Sciences Fellowship (Manchester University)
- BA (Hons) Chemistry and Physics (Open University (First Class))
- Chartered Chemist (Royal Society of Chemistry)
- Chartered Scientist (The Science Council)
- Post Graduate Certificate in Education (Bristol University)
- Certificate in Hypnotherapy and Psychotherapy (National College of Hypnosis and Psychotherapy)
- Bielby Award 2016 (National College of Hypnosis and Psychotherapy)
- Easibirthing Diploma (National College of Hypnosis and Psychotherapy)

He has been in the therapeutic profession since 2017.

Barry is a professional member of the following organisations:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 4431)
- Institute of Biomedical Science
- Complementary and Natural Health Care Council (Reg. No. 000005-117)
- National Council for Hypnotherapy (reg no 7917)
- The United Kingdom Council for Psychotherapy (trainee membership 2011165433).

Of the therapies defined in this booklet, Barry is qualified to provide:

- Hypnotherapy

Before studying to become a hypnotherapist, Barry worked for 15 years as a senior health care professional and is a Fellow of the Institute of Biomedical Science (FIBMS). Subsequently, he was a research associate studying neuroscience during which time he achieved the status of Chartered Scientist (CSci). For the last 20 years, before qualifying as a hypnotherapist, he taught science in secondary education.

Barry practices integrative therapy which means that he is not restricted to one approach. Instead, he selects interventions from a range of therapeutic approaches in order to tailor the therapy to a client's personal needs as an individual, to better help clients to bring about the changes that they wish in their lives.

Barry's balance of experience and training, along with the understanding, patience and empathy developed in caring professions, enables him to help clients to find ways to live life the way they really want to.

Barry's schedule of fees is as follows:

£55.00 Per Session (up to 1 hour)

£150.00 For Special ONE Session Smoking Cessation Therapy (1.5 hours)

(free follow-up within 3 months if required)

Payment may be made by Cash, Cheque or Credit/Debit Card and is due at the time of the appointment, unless otherwise arranged.

Hilary Norris Evans BA Hons, Cert Ed., L-es-L, DABCH, HPD, CI, AccHypSup, MNLP, MNSHP, MCAHyp

119 Victoria Road Cirencester GL7 1HA
01285 655 629 or 0788 771 4892
www.getmindfit.co.uk
info@getmindfit.co.uk



Hilary has earned:

- BA Hons in Languages from The University of Manchester
- L-es- L in English and Linguistics from The University of Dijon, France
- Certificate Of Education from the University of London
- Hypnotherapy Practitioner Diploma from the National Council for Hypnotherapy and NCFE
- Diploma in Advanced Hypnotherapy and Hypnohealing from The Atkinson Ball College
- Diploma In Cognitive And Behavioural Skills For

Hypnotherapists From The Clifton College and NCFE

- NLP Practitioner From Training Changes, Cheltenham
- Master Practitioner From UK Academy
- Certificate In Personal Performance Coaching from UK Academy
- Certified Instructor Certificate From National Guild Of Hypnotists
- Easibirthing Diploma From NCHP

She has been in the therapeutic profession since 1997.

Hilary is a professional member of the following organisations:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 3840)
- The Complementary And National healthcare Council (reg no 000066-A13)
- The Corporation Of Advanced Hypnotherapy

Of the therapies defined in this booklet, Hilary is qualified to provide:

- Hypnotherapy
- Coaching
- Neuro-Linguistic Programming

Hilary has been a hypnotherapist since 1997 after a previous career in Further And University Education in Foreign Languages And Linguistics.

Her love of language in all its varied forms means she approaches therapy from an Ericksonian, Elman and NLP perspective, and is very happy to employ a toolbox approach taken from other disciplines she has studied , such as CBT , EMDR and Hypnohealing.

Hilary moved to Cirencester in October 2012 and previously practised in North Wiltshire. She also practises in Bath, where she trains new hypnotherapists in small groups for The UK Academy.

She is also a hypnotherapy trainer, assessor and supervisor and has presented nationally and internationally. She served on the Committee of NCH and acted as its specialist Advisor on Confidence and Self- Esteem. Hilary presents stress management programmes in hospitals and organisations.

As well as the standard uses for hypnotherapy (Stop Smoking, Weight Management, Phobias, Panic Attacks, Stress Management, Sports, Horse Riding and Exam Performance) she is also passionate about helping problem gamblers, anxiety and IBS sufferers and , since the birth of her grandchild, is very enthused by the Easibirthing method , which uses visualisation and relaxation techniques for pregnancy and childbirth. The aspect of therapy that most appeals to her is helping others achieve their full potential and overcome negativity.

She believes that lack of self -esteem and confidence are at the root of many issues clients present with and also that the mind and body are one system; probably, the body is one powerful manifestation of the sub-conscious mind.

Hilary offers an initial consultation free of charge and obligation, where clients may discover if hypnotherapy is the right approach for them.

Hilary's schedule of fees is as follows:

£70 Per Session (1 hour)

£197 For Special ONE Session Smoking Cessation Therapy (1.5 hour)
(free follow-up within 3 months if required)

Payment may be made by Cash, Cheque or BACS and is due at the time of the appointment, unless otherwise arranged

Carmen Kenworthy CHP(NC), RH, Member of the National College of Hypnosis, Psychotherapy & Mindfulness
27 Tudor Way, Chester, CH3 5XQ
07979 696 745
www.hypnochester.co.uk
carmen@hypnochester.co.uk



Carmen has earned:

- Bachelor of Science honours degree in Sociology, University of Surrey
- Diploma in Clinical Hypnotherapy, Psychotherapy and Hypnotherapy Training Academy
- Heimler Social Functioning Practitioner Certificate Course with International Licence to use the Heimler Scale
- Diploma in Hypnotherapy and Psychotherapy, National College of Hypnosis and Psychotherapy

She has been in therapeutic practice since 2014

Carmen is a professional member of the following organisations:

- National Society of Hypnosis, Psychotherapy & Mindfulness (reg no. 4113)
- The Complementary and Natural Healthcare Council (reg no. 00055-K16)
- Heimler International

Of the therapies mentioned in this booklet, Carmen is qualified to provide:

- Hypnotherapy
- Psychotherapy

Carmen is a highly qualified hypno-psychotherapist with a private practice in Chester. Before changing career to become a hypno-psychotherapist, Carmen worked for many years in senior management in the public sector. She has lived and studied abroad, and raised a family, so has a wide set of experience and life skills to draw on.

Carmen has undergone extensive training at Masters Level from one of the UK's longest established schools of hypnotherapy and hypno-psychotherapy, the National College of Hypnosis and Psychotherapy.

Carmen has been a qualified hypnotherapist since 2005 and works in an integrative way to

encourage her clients to reach their goals in the shortest time possible. She is especially interested in working with anxiety based issues.

Carmen's schedule of fees is as follows:

£60 Per Session (1 hour)

£120 For Special ONE Session Smoking Cessation Therapy (1.5 hours) (free follow-up within 3 months if required)

Payment may be made by Cash or Cheque and is due at the time of the appointment, unless otherwise arranged.

Dr Geoff Ibbotson MB BS, D Obst. RCOG, BSc (Spec. Hon.), ADHP(NC), ECCH, FNSHP, UKCP.
166, Featherstall Road, Littleborough, Lancs. OL15 8NZ
01706 373825
www.geoffibbotson.co.uk
geoff@geoffibbotson.co.uk



Geoff has earned:

- Registered Medical Practitioner
- Advanced Diploma in Hypno-Psychotherapy from the National College of Hypnosis and Psychotherapy
- European Certificate of Clinical Hypnosis
- European Association for Hypno Psychotherapy Certified trainer
- NLP Master Practitioner

Geoff worked as a General Medical Practitioner between 1973 and 1995.
He has been providing psychological therapies since 1991.

Geoff is a professional member of the following organisations:

- United Kingdom Council for Psychotherapy (reg no 2011161897)
- The Complementary and Natural Healthcare Council (reg no 000001-B12)
- British Society of Clinical and Academic Hypnosis
- Registered Medical Practitioner (GMC number 1524853)
- The UK Register of Expert Witnesses

Geoff is a Fellow of:

- National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 4061)
- British Society of Clinical and Academic Hypnosis

Of the therapies defined in this booklet, Geoff is qualified to provide:

- Hypnotherapy
- Psychotherapy
- Neuro-Linguistic Programming

Geoff is also qualified to produce Medico-legal reports for asylum seekers.

Geoff has written the following academic publication - Treatment of PTSD using Trauma-Focussed Hypnosis (Contemporary Hypnosis Vol. 27, No 4, 2010)

He has contributed a section to a book – Hypnosis, Dissociation and Survivors of Sexual Abuse (Wiley 2006 ISBN 0-470-01945-X)

He has written two chapters on Post Traumatic Stress Disorder and Working Transculturally (The Handbook of Contemporary Clinical Hypnosis: Theory & Practice. Edited by Brann, Owens & Williamson. (Wiley 2011 ISBN 978-0-470-68367-5)

Geoff's schedule of fees is as follows:

£90 Per Session (1 hour)

Payment may be made by Cash, Cheque or online banking and is due at the time of the appointment, unless otherwise arranged. Additionally, he is a recognised provider of psychotherapeutic services for BUPA

Stuart Cale CHP(NC), DHP(NC), MNSHP, CNHC (Reg)

42 Kinloch Drive, Heaton, Bolton BL14LZ

01204 432004

www.talking-cure.co.uk

info@talking-cure.co.uk



Stuart has earned:

- Certificate in Hypno-Psychotherapy (NC)
 - Diploma in Hypno-Psychotherapy (NC)
 - Peter Blythe Founder's Award winner 2011
 - J.P. Noble award winner 2012
 - Anxiety UK approved therapist status
- MSc Applied Psychology (Mental Health Psychology) University of Liverpool (current).

He has been in the therapeutic profession since 2010.

Stuart is a professional member of the following organisations:

- Committee member of The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 4004)
- The Complementary and Natural Healthcare Council (reg no 000027-E13)
- Anxiety UK
- UKCP (trainee member)

Of the therapies defined in this booklet, Stuart is qualified to provide:

- Hypnotherapy
- Psychotherapy
- Coaching

Stuart sees clients privately both at his consulting rooms in Bolton, and at their homes by appointment. Appointment times include evenings and weekends and he offers a free initial consultation by telephone or in person.

He specialises in working with addictions, weight loss, smoking, anxiety and stress, in addition to a wide range of emotional, psychological and behavioural issues, a full list of those issues appears on the website. His work is forward thinking and solution-focussed, and he helps clients to make quick and lasting change. He is CNHC accredited, an Anxiety UK approved therapist, and adheres to the UKCP code of ethical conduct.

Stuart is a Committee member of the National Society of Hypnosis, Psychotherapy and Mindfulness, is the NSHP National Research Director and Curator of the National Research Catalogue, as well as being a NSHP&M Faculty Member, trainer and assessor.

Stuart believes that successful outcomes start with clear and open communication, and are reached with expertise and good service.

Stuart's schedule of fees is as follows:

£50 Per Session (1 hour)

£90 For Special ONE Session Smoking Cessation Therapy (1 hour)

(free follow-up within 3 months if required)

Payment may be made by Cash, Cheque and is due at the time of the appointment, unless otherwise arranged.

Sharon Mustard UKCP ADHP(NC) CHBP FNSHP&M CHFP CNHC

Mustard Therapy and Coaching, 15 New Street, Salisbury, Wiltshire, SP1 2PH

01980 623089/0775 430 3987

www.mustardtherapy.co.uk

sharon@mustardtherapy.co.uk



Sharon has earned:

- BSc(Hons) in Experimental Psychology
 - Diploma in Hypnosis and Psychotherapy from the Psychotherapy and Hypnosis Training Association
 - Hypnotherapy Practitioner Diploma from the National Council for Hypnotherapy and NCFE
 - Advanced Diploma in Hypno-psychotherapy from the National College of Hypnosis and Psychotherapy
 - CBT skills and theory with employee advisory resource (EAR)
- Certificate in Life Coaching from Newcastle College and NCFE
 - Level 3 BTEC certificate in Life Coaching from the Newcastle College and edexcel
 - Specialist Certification in working with Depression from the UK Academy of Therapeutic Arts and Sciences
 - Counselling Skills and mental Health Foundation with Surrey Social Services
 - Advanced Certificate in Clinical Hypnosis Pain Management
 - Certified Hypnotic Birthing Practitioner
 - Certified Hypnotic Fertility Practitioner
 - UKCP Child Proficiency Marker

She has been in the therapeutic profession since 1995.

Sharon is a professional member of the following organisations:

- United Kingdom Council for Psychotherapy (reg no 2011162037)
- The Complementary and Natural Healthcare Council (reg no 001721-L10)

Sharon is a Fellow of :

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 3838)

Of the therapies defined in this booklet, Sharon is qualified to provide:

- Hypnotherapy
- Psychotherapy
- Counselling
- Coaching
- Neuro-Linguistic Programming

Prior to becoming a Psychotherapist, Hypnotherapist and Counsellor , Sharon had gained extensive experience in the field of mental health: working within Social Services, National

Health Service & voluntary sector, including managing the resettlement of long-stay patients of a psychiatric hospital during its closure programme.

She has been an affiliate counsellor working for Workplace Options since August 2003. Workplace Options are an international 'Employee Assistance Programme (EAP)' who contract with a number of client companies to deliver EAP services to their employees and family members. The service she offers as an affiliate counsellor is short-term focused therapy dealing with a personal or work issue identified by the client.

Sharon is also a registered counsellor with the Immigrant Counselling and Psychotherapy (ICAP) organisation funded by the Irish Government to provide service for victims of abuse and their families.

From January 2012 she also runs the counselling service for Godolphin Boarding and day school for girls in Salisbury Wiltshire. The service ethos recognises that adolescence is a period of vulnerability which requires support and understanding. Pupils may come to a counsellor because of difficult experiences they've been going through, such as family relationships, stress leading up to exams, illness or bereavement. Or they may want help dealing with feelings of sadness, loss of confidence, anxiety or low self-worth that don't seem to be connected to any particular event. The counselling service helps them make sense of their feelings and behaviour.

She is also the director and founder and director of easibirthing - a UK model designed for using hypnosis with issues around fertility, childbirth and post natal mental health. Sharon has been training women and their partners for over 15 years in using Hypnosis for Childbirth. In addition to her private courses, since 2006 she has had a large contract with Salisbury District Hospital NHS Trust maternity services whereby she is statutory funded to teach women, partners, and teenage mums-to-be; but also midwives and health care support workers to support individuals using these methods. The easibirthing model had been specifically designed, in consultation with midwives, to reflect birthing methods in the UK.

In partnership with the National College of Hypnosis and Psychotherapy, she also trains Hypnotherapy practitioners throughout the UK to specialise in all three of these areas.

Sharon's schedule of fees is as follows:

£65 Per Session (1 hour)/ £80 Per Session (1.5 hours)

£120 for Hypnosis for Childbirth course (7 hours); £180 for a couple

Payment may be made by Cash, Cheque or Credit/Debit Card and is due at the time of the appointment, unless otherwise arranged. Additionally, she is a recognised provider of psychotherapeutic services for BUPA, Immigrant Counselling and Psychotherapy (ICAP) and Workplace Options .

Stewart Mustard CHP(NC), MNSHP&M, UKCP, CNHC
Mustard Therapy and Coaching, 15 New Street, Salisbury, Wiltshire, SP1 2PH
01980 623089/07917 432189
www.mustardtherapy.co.uk
stewart@mustardtherapy.co.uk



Stewart has earned:

- Certificate in Hypno-psychotherapy from the National College Hypnosis and Psychotherapy
- Certificate in Counselling with Surrey Social Services

He has been in the therapeutic profession since 1986.

Stewart is a member of the following organisations:

- United Kingdom Council for Psychotherapy (trainee member: reg no 2011163936)
- The Complementary and Natural Healthcare Council (reg no 000004-C14)
- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 4276)

Of the therapies defined in this booklet, Stewart is qualified to provide:

- Hypnotherapy
- Psychotherapy
- Counselling

Prior to becoming a Psychotherapist, Hypnotherapist and Counsellor, Stewart gained extensive experience in the field of mental health working within Social Services, housing associations and the charitable & voluntary sector, including setting up and managing one of the first housing support services exclusively for people with mental ill health, providing street outreach services for homeless people mental health and substance misuse issues and working with children and young people who were the victims of abuse.

Stewart's schedule of fees is as follows:

£60 Per Session (1 hour)

Payment may be made by Cash, Cheque or Credit/Debit Card and is due at the time of the appointment, unless otherwise arranged.

Paula Stone Cert Ed, Dip CG, A.S.H.A.H Dip.HPsych, Adv.Hyp. MAMH

Meadowsweet Clinic, Walnut Tree Farm, Church Road, Carleton Rode, Norfolk NR16 1RR
01953 788722 07766 88 5631
www.meadowsweetholistichealth.co.uk
paulameadowsweet@yahoo.co.uk



Paula has earned:

- Advanced Hypnotherapist (The Academy of Clinical & Medical Hypnosis Ltd-ACMH)
- Diploma in Hypnotherapy & Psychotherapy (The Academy of Clinical & Medical Hypnosis Ltd)
- Diploma in Professional Hypnotherapy and NLP (Anglia School of Hypnotherapy and NLP)
- Diploma in Advanced Hypnotherapy and NLP (Anglia School of Hypnotherapy and NLP)
- Diploma in Careers Guidance. (Post Grad) Part 1 (Manchester Polytechnic) Part II (Passed in Wolverhampton)
- Certificate in Education. Newman Teacher Training University, Birmingham (Passed Probationary year)
- OCR Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (Post 16)
- Certificate in Counselling Skills at University of East Anglia (Person centred)
- Connexions Personal Advisers University Diploma - De Montfort University
- Diploma in Life Coaching (Newcastle College/NCFE) (Included NLP)
- Diploma in Herbal Medicine & Natural healing (The Selfheal School for Herbalists & Natural Healers) (Distinction)
- Training in Systematic Instruction (TSI) Job Coaching Certificate and The complete Job Trainer Certificate
- Certificate & Diploma in Stress management/ consultancy (ACMH/John Dewar school of Clinical Hypnotherapy & Psychotherapy)
- Certificate in Nutrition & Weight Management (Future Fit Training) (Distinction)
- British Sign Language stage 1
- EMDR techniques and applications (Dr Nick Parmar/Mind-field Training)
- EMDR & EMDR Accelerated Practitioner Certificate (GHSC/Warwickshire School of Hypnotherapy)
- EFT/Emotrance Practitioner training (Sibereus Foundation/Passion for Health/Assoc of meridian energy therapies)
- Associate & Trainer for Keith Stead Associates, training Practitioners in the Rickter scale process.
- Accredited Supervisor in Eclectic Therapy Supervisory Skills (National Council of Psychotherapists/GHSC)
- Certificates in Mindfulness (Part 1&2- The Clem Turner Hypnotherapy, Cognitive & Behavioural Practice/Work Life Balance Centre)
- Cognitive Behavioural Therapy (CBT) Programmes/Tools to use in practice for Depression & Anxiety (West Suffolk CBT Service/ClinPsyD)
- CBT for Hypnotherapists / Master class in Depressive disorders-(ACMH)
- Solution focused Brief Therapy training-Bill O Connell
- Integrative Clinical Therapy-Staff Absence solutions
- Post Trauma workshop (The Clem Turner Hypnotherapy, Cognitive & Behavioural Practice/Work Life Balance Centre)

- Reflexology Practitioners Certificate(Pathways school of Reflexologists/Association of Reflexologists)
- BABTAC Certificate in Indian Head massage
- Diploma in Iridology(Guild of Naturopathic Iridologists/ International)
- Ear Candling Qualified practitioner (P.Quanten MD) (Herbal candles)
- Usui/Tibetan Reiki Master level
- Certificate in Hypnosis and PTSD (NCHP)

Paula has run her own practice since 2002

Paula is a professional member of the following organisation:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 4505)
- Association of Master Herbalists
- The Complementary and Natural Healthcare Council (reg no 000057-K16)

Of the therapies defined in this booklet, Paula is qualified to provide:

- Hypnotherapy
- Counselling
- Coaching
- Neuro-Linguistic Programming

Paula has worked in private, public & charitable sectors, as a teacher, lecturer, manager, careers adviser, trainer, coach, herbalist and therapist. She has specialised in creating awareness, support and help to remove barriers, enabling young people and adults, many with disabilities and mental and physical health conditions, especially those with Aspergers Syndrome , to increase confidence in finding and maintaining work. Paula`s main passion is to enhance self-efficacy, to motivate individuals to believe and feel confident in their capability to demonstrate control, so as to attain what they want: to help identify how to use their skills/strengths to maximise potential.

Paula offers a unique combination of various `talking` Therapies, motivational techniques, Coaching, Careers Guidance, Rickter scale process and `hands on` relaxing therapies. With the addition of her Naturopathic Herbal medicine knowledge, especially with the use of `adaptogen` and `relaxing` and `tonic` herbs, she is able provide a truly `holistic` approach, especially when working with individuals with depression, anxiety, PTSD and other stress related conditions.

Paula is dedicated in learning new ways and techniques to help her clients to achieve their goals and feel happier and more fulfilled and so thrive rather than just survive. Paula uses a toolbox of various therapeutic interventions, depending on individual needs/wants.

Paula's schedule of fees is as follows:

£40 Per Session (1 hour)

Payment may be made by Cash, Cheque or Credit/Debit Card and is due at the time of the appointment, unless otherwise arranged.

Carolyn Malkin DHP, Advanced DHP PGDE, PG Dip in CBT,
Member of NCHP, UKCP, BABPC and CNHC

Beginnings Therapy, 22 Queen Street, Audley, Stoke- on Trent, Staffordshire
07915075503/ 01782 729181
beginnings_art@mac.com
www.beginningstherapy.com/



Carolyn has earned:

- BA (Hons) Awarded by Council for National Academic Awards
- Post Graduate Diploma in Art and Education - Awarded by Birmingham UCE
- Diploma in Hypnosis & Psychotherapy - Awarded by CTISHP
- Advanced Diploma in Hypno-psychotherapy Awarded by The National College of Hypnosis and Psychotherapy
- Post Graduate Diploma in Cognitive behavioural Therapy- Awarded by Staffordshire University
- Certificate in Workplace Coaching Awarded by ILM
- Certificate in Assessing (NVQ) awarded by City and Guilds
- Certificate in CBT - Awarded by Manchester Centre for CBT
- Completed cbt-e web-centred training through Oxford University for people with eating disorders
- Completed Certificate in using Hypno-Psychotherapy with PTSD Awarded by The National College of Hypnosis and Psychotherapy
- Completed training in The functional analysis of behaviour through IABA

She has been in the therapeutic profession since 2007, and worked and managed teams with organisations supporting people in housing and related fields since 1987. She is committed to maintaining people in the community.

Carolyn is a professional member of the following organisations:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (Reg. no 3930)
- The Complementary and Natural Healthcare Council (Reg. no 002076-L10)
- The United Kingdom Council for Psychotherapy (Reg. no 2011162426)
- British Association of Cognitive Behavioural Psychotherapist (membership no 100102)

Of the therapies defined in this booklet, Carolyn is qualified to provide:

- Hypnotherapy
- Psychotherapy

Carolyn's previous work has included psychotherapy for young people in St Helens with YMCA, on line as a consultant therapist with beat bullying, previously registered therapist for anxiety UK, psychotherapist with BSMHFT with adults in the IAPT service in Birmingham. As consultant therapist for IHHS providing work place therapy for employers with Goodyear and DHL

She has consistently undergone various training and has been pro-active in researching new information to keep up to date with current developments in Psychology research. In this way At this time Carolyn works part time for the NHS in The Midlands:

With the Children and Adolescent Mental Health Services in Solihull delivering Cognitive Behavioural Therapy and CBT –E and providing supervision for trainee CYIAPT therapists

Based in Audley, Stoke-on-Trent she also offers home treatments and her private work incorporates a number of therapies (as above) and she is committed to developing her work and knowledge further. She is in the process of training to become an accredited supervisor with UKCP.

Carolyn aims to provide a therapy that is informed and able to work in an integrated way by combining the different theories and techniques of CBT, Psychotherapy, and Hypnotherapy that is based on the individual needs of the client.

Carolyn's schedule of fees is as follows:

£50 Per Session (1 hour)

£100 For Special ONE Session Smoking Cessation Therapy (2 hours)

(Free follow-up within 3 months if required)

Payment may be made by Cash, Cheque or Debit / Credit Card and is due at the time of the appointment, unless otherwise arranged.

Ludwig Esser ADHP(NC) UKCP

11 Llynfa Road, Penclawdd, Swansea SA4 3XD
07835 379 046
www.lifeleap.co.uk
info@lifeleap.co.uk



Ludwig has earned:

- Advanced Diploma in Hypno-Psychotherapy (ADHP NC)
- European Certificate of Clinical Hypnosis
- Certificate in Hypno-Fertility (NCHP)
- Certificate in Hypnosis and PTSD (NCHP)
- Certificate in Counselling, Swindon New College
- Certificate in Counselling Skills, Westminster Pastoral Foundation
- Diplom-Ingenieur Landespflege, Technische Universität Berlin (MSc. Equiv.)

Ludwig has been in the therapeutic profession since 2006.

Ludwig is a professional member of the following organisations:

- United Kingdom Council for Psychotherapy (re no 09160917)
- National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 3601)
- National Register of Hypnotherapists and Psychotherapists (reg no 06-1317)
- Complementary and Natural Healthcare Council (reg no 000030-L14)

Of the therapies defined in this booklet, Ludwig is qualified to provide:

- Hypnotherapy
- Hypno-Psychotherapy

Ludwig sees people for a wide range of issues and has a special interest in trauma, depression - in particular male depression - anxiety and cancer.

Ludwig's approach is based on the integrative approach taught by the National College of Hypnosis and Psychotherapy combining various therapeutic models in combination with hypnosis.

He has been working with cancer patients in private practice and in a local charity since 2006 and his work here ranged from clinical applications (pain control, phobias, relaxation) to working through the life changing issues of cancer.

Ludwig speaks English and German fluently and conducts therapy in both languages.

Ludwig's schedule of fees is as follows:

£60 per session (1 hour)

Payment may be made by cash, cheque or BACS transfer and is due at the time of the appointment unless otherwise arranged.

Richard Nicholls DHP, HPD, Cert.SH.Inst, MNSHP, CNHC

Meridian Healthcare, 37 Station Road, Hinckley, Leicestershire, LE10 1AP
Chic Health & Beauty, 183 Weddington Road, Nuneaton, Warwickshire, CV10 0HF
The Cottage Healing Centre, 114 Lichfield Street, Tamworth, B79 7QB
www.midlandshypnotherapy.com
024 7639 8439



Richard has earned:

- Diploma in Hypnosis & Psychotherapy - Awarded by EICH
 - Hypnotherapy Practitioner Diploma - Awarded by The National Council for Hypnotherapy and NCFE
 - Diploma in Hypno-Psychotherapy (NCHP)
 - Board Certified Hypnotist from National Guild of Hypnotists
- Certified Self Hypnosis Instructor - Awarded by The UK Academy of Therapeutic Arts and Sciences
 - Certified Hypnosis and Weight Loss Specialist - Awarded by The American Hypnosis Association
 - Certified Instructor from National Guild of Hypnotists

He has been in the therapeutic profession since 2003.

Richard is a professional member of the following organisations:

- The National Society of Hypnosis, Psychotherapy & Mindfulness (reg no 3836)
- The Complementary and Natural Healthcare Council (reg no 001742-L10)
- The United Kingdom Council for Psychotherapy (trainee membership 2011164383).

Of the therapies defined in this booklet, Richard is qualified to provide:

- Hypnotherapy
- Psychotherapy

Richard has been working as a Hypnotherapist since 2001, and is the author of the hugely popular Motivate Yourself Podcast series, one of the most popular self help Podcasts in the UK. His passion and enthusiasm for personal development means that he constantly keeps up to date with current developments in Psychology research. This helps him work in an integrative way combining theories and techniques of CBT, Counselling and many other modalities of Psychotherapy that research shows helps.

Because of his interests in the evolution and development of Psychotherapy, sessions with Richard vary from client to client. Therapy is bespoke and specific to the individuality of each client's needs and requirements.

Richard is well known as an enthusiastic trainer who has held committee positions on various Hypnotherapy related organisations including The National Society of Hypnosis, Psychotherapy & Mindfulness, the UK Confederation of Hypnotherapy Organisations and The National Council for Hypnotherapy.

His contributions to the Hypnotherapy profession throughout his career led him to be awarded with The Hypnos Award by The National Society of Hypnosis, Psychotherapy & Mindfulness in 2014.

Richard works from 3 Locations in The Midlands:
Nuneaton - Warwickshire
Hinckley - Leicestershire
Tamworth - Staffordshire

Richard's schedule of fees is as follows:
£65 Per Session (1 hour)
£150 For Special ONE Session Smoking Cessation Therapy (2 hours)
(free follow-up within 3 months if required)

Payment may be made by Cash, Cheque or Debit / Credit Card and is due at the time of the appointment, unless otherwise arranged.