

## Issues where Hypnosis has been used successfully

If your problem has a substantial psychological or behavioural aspect to it, it is likely we can help.  
 What follows is a list of such issues where we've been successful. If you want to try hypnosis for an issue not listed please call us to discuss without obligation. Addictions

- Allergies (e.g. food, materials)
- Anger
- Anxiety (e.g. about illness, wedding, birth, exams)
- Arthritis
- Assertiveness (e.g. do you have difficulty saying 'no' or asking for something?)
- Asthma (breathing techniques)
- Bereavement
- Blushing
- Burns (dealing with pain, healing through positive imagery)
- Business failure
- Cancer (coping with)
- Child behavioural problems (e.g. hyperactivity, temper tantrums, eating unhealthily)
- Chronic Fatigue / ME
- Circulation
- Concentration (e.g. difficulty focusing on revision, forgetfulness, easily distracted)
- Confidence
- Constipation
- Control shopping, spending
- Creativity (e.g. realise your full potential for thinking differently, problem solving)
- Debt (e.g. control spending, maximise income, stress management)
- Depression
- Disfigurements (e.g. coping with, self-acceptance, public confidence)
- Divorce (e.g. stress management, acceptance, moving on, confidence)
- Driving (e.g. confidence, road rage)
- Driving test (e.g. nerves, stress management, performance on the day, memory)
- Drug addictions
- Eating disorders (e.g. body image correction, appetite building, nutrition, underlying issues)
- Energy (e.g. energy-building, reinvigoration, motivation, nutrition, stress management)
- Exams and tests (e.g. coping, memory, stress management, speed reading, performance on the day)
- Executive stress (e.g. breathing properly, time mgt., coping with staff, goals, NLP)
- Familial problems
- Fatigue/energy (e.g. energy-building, reinvigoration, motivation, nutrition, stress management)
- Fear of failure (do the things you have always wanted to do)
- Fear/Phobia (e.g. spiders, heights, snakes, lifts, etc)
- Frustration (e.g. with partners, work, routine, driving, career)
- Gagging, heaving
- Gambling
- Grief, loss & separation
- Guilt (affairs, not bringing children up well, lies, breaking diets).
- Habits (e.g. nail biting, smoking, thumb-sucking, unhealthy eating, overusing certain words)
- Hair pulling (Trichotillomania)
- Hayfever
- Headaches, migraine, cluster headaches
- Healing (not a 'miracle cure' but many people have experienced quicker healing)
- Healthy eating
- Hyperactivity (e.g. calming, unhealthy eating)
- Hypertension (e.g. relaxation, stress management, dietary change if you are finding it difficult)
- IBS (Irritable Bowel Syndrome)
- Immune system boosting (the mind and body are linked in ways we don't properly understand.

Hypnosis and visual imagery have proved useful in this area)

- Indigestion
- Inhibitions
- Interview preparation (e.g. confidence, communication, self-consciousness, selling yourself)
- Irritability (e.g. snapping at family members, restlessness, unable to relax)
- Jealousy
- Marriage problems
- ME (Myalgic Encephalomyelitis)
- Memory (e.g. remember appointments, learn languages, find lost objects)
- Menopausal problems

Menstrual problems incl. pre-menstrual tension & dys/amenorrhoea  
Morning sickness  
Motion/travel sickness  
Motivation (learn more, earn more, sell more, do more, enjoy more)  
Nail biting  
Negative thinking  
Nightmares  
Obsessions/Compulsions/OCD (Obsessive Compulsive Disorder)  
Pain relief/management  
Panic attacks  
Phantom limb pain  
Post-natal depression  
Post-operative healing  
Premature ejaculation  
Pre-menstrual Tension (PMT)  
Pre-operative worries  
Problem solving  
Procrastination (do you have difficulty making decisions and sticking to them?)  
Prosperity (get more out of life through motivation, overcoming personal obstacles, etc.)  
PTSD (Post-traumatic stress disorder) - we also offer EMDR  
Public speaking (self-consciousness, nerves, weak voice)  
Rejection  
Relationship problems  
Relaxation (hypnosis is very relaxing, learn to breathe correctly, stress management)  
Releasing the past (moving on e.g. dealing with bad memories)  
Sales performance (e.g. motivation, rapport-building, goal-setting, NLP)  
Seasonal affective disorder  
Self harm  
Self-consciousness  
Self-esteem  
Self-growth  
Self-image  
Sensory development (enjoy life more by appreciating sights, sounds, smells, tastes & feelings more)  
Shyness  
Skin problems (e.g. eczema, acne)  
Sleep (e.g. nightmares, paralysis, bed wetting, sleep-walking)  
Smoking  
Social anxieties  
Speech impediments  
Speed reading  
Sports performance (e.g. motivation, confidence, muscle relaxation)  
Stage fright  
Stress (manage stress at work and home, feel healthier)  
Studying (e.g. memory, speed reading, taking in information)  
Tension (e.g. learn to relax, breathe correctly)  
Terminal illness (coping with)  
Thumb sucking  
Tics  
Tinnitus (e.g. distraction techniques)  
Tooth grinding (Bruxism)  
Warts  
Weddings (e.g. stress, last minute doubts, money worries, commitment)  
Weight (diets fail to tackle the unconscious desire to eat inappropriately)  
Worry