



The Brookhouse Hypnotherapy Group is a national group of practices founded by Dr Shaun Brookhouse. All members have been personally selected by him on the basis of their training, experience and commitment to their clients.  
[www.hypnotherapy.org.uk](http://www.hypnotherapy.org.uk)



Your Local Hypnotherapist  
Andy Holmes  
BA(Hons), DipCAH,  
HPD, PNLP, MNCH,  
MNGH  
Internationally certified hypnotherapist.  
19 Turnpike Close  
Birkenshaw  
West Yorkshire  
BD11 2LW

**Tel: 0800 2550 147**  
[www.clinicalhypnotist.co.uk](http://www.clinicalhypnotist.co.uk)  
Email: [andy@clinicalhypnotistr.co.uk](mailto:andy@clinicalhypnotistr.co.uk)

## Treating Anxiety & Panic Attacks with Hypnotherapy

*If you suffer from anxiety and/or panic attacks you will know what uncomfortable feelings these are. They can be difficult to explain to others, which increases the discomfort. Sometimes the fear of the feelings can be worse than the feelings themselves. So, what can be done?*

**Andy Holmes**  
**Clinical Hypnotist**  
[www.clinicalhypnotist.co.uk](http://www.clinicalhypnotist.co.uk)

# Treating Anxiety and Panic Attacks with Hypnotherapy

## How can this help?

In the first instance, hypnotherapy can help with anxiety and panic attacks as your therapist can help you gain a really good understanding of what is happening to you. This, along with feeling understood by the therapist can help you make progress.

Then, your therapist will employ one or more of a wide range of hypnotherapeutic techniques which can help you to experience less anxiety and fewer panic attacks, and to cope significantly better when the feelings do occur.

The process of relieving the fear of having the feelings is often the key to significant change.

Anxiety is natural, normal & necessary: but is yours just too

Once you feel more confident in your ability to cope, and less anxious about being anxious, you will just get better and better!

Sometimes, and only with your agreement, a therapist may recommend looking back at past experiences to assist you to deal with the causes of anxiety issues. This can be very helpful but is not always required.

## Frequently asked questions:

• Will I be aware of what is happening and will I remember everything?

Yes to both

• Will you make me go back to my past?

No. If you feel there is a need to, I can, but if you choose not to I can look forward

• What is your success rate?

I am not ethically allowed to quote statistics, but all Brookhouse Hypnotherapy consultants monitor their results to ensure they are offering the best service.

• Do you guarantee success?

It is never possible to guarantee human behaviour, but I will do all I can to help you achieve your goal.

## What are the potential benefits?

- hypnosis is a pleasant, relaxing experience which can help you to develop better relaxation skills to benefit you in every area of your life
- your therapist can guide you towards the goal that you desire
- with hypnosis, you will be able to take more control of your life
- you can be confident in your therapist's experience and commitment to you
- hypnotherapy works to reduce the frequency of the feelings, reduce their intensity and to help you to cope better with them
- your therapist will work with you to increase your confidence and self-esteem