



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)



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## Hypnotherapy

What is it?  
How can it help?

*Hypnotherapy, as practised by well qualified experienced therapists, is an effective treatment for a wide range of conditions.*

*It utilises the natural and normal (but powerful) state of hypnosis to access the deeper levels of the mind so that you can achieve your goals.*

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# HYPNOTHERAPY

## What conditions can it treat?

### Anxiety and phobias

Fears that are irrational or out of proportion can be distressing and inhibiting. Hypnotherapy is particularly renowned for assisting sufferers of these conditions.

### Feelings

Distressing feelings, including anger, jealousy, low self esteem and lack of confidence, can be relieved effectively through hypnotherapy

### Habits

Hypnotherapy can remove habits, including smoking, easily and permanently

### Medical issues

These can often be dealt with, under a physician's supervision coping with the effects of stress

### Stress conditions

Hypnotherapy can be very effective in helping to resolve issues that lead to excess stress, and for coping with the effects of stress

### Weight control

There are many reasons why people put on weight, and your therapist can help you (as an individual) to take control of your eating patterns and hence your weight.

### Frequently asked questions:

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

Yes to both

- Will you re-programme my mind?

Hypnotherapy can be seen in this way, but in reality, the therapist is helping you to do this for yourself

- 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

## Why choose hypnotherapy?

You already know what you want to achieve! Here are some reasons why hypnosis may be the way for you to achieve this:

- hypnosis is a pleasant, relaxing experience during which you are completely in control
- 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 often gains excellent, permanent results more rapidly than you may expect
- hypnotherapy can be used in conjunction with any conventional medical treatment
- there are no negative side effects