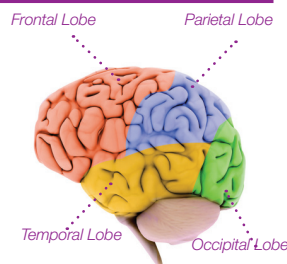


What is hypnotherapy?

Hypnotherapy, is simply using hypnosis to help people. During hypnosis, subtle yet powerful suggestions are given to your unconscious mind. Your unconscious mind is all that part of your memory, wisdom and perception that you are unaware of at any one time. It contains all your potential and hidden power, it's where your habits and self-image are stored, and where they can be changed!



What is hypnosis?

A perfectly naturally occurring phenomenon that goes on around us every day of our lives. For example, do you ever remember the exact moment at which you fall asleep at night? No! Because at that moment you are deeply hypnotised, you have to be in order to fall asleep, or perhaps you are driving along a familiar route, and you suddenly realise that you can't remember the last three roundabouts you came past? Or have you ever scratched or bruised yourself in some small way and not even noticed it at the time? In short it is any moment in time when there is direct communication with the unconscious part of the mind, without the simultaneous involvement of the conscious part. Hopefully you are beginning to see that you have already been in a trance more times than you could possibly count and so has everyone else in the world. All a hypnotist does is harness this phenomena and deepen it so it can be used to bring about the positive changes you desire.

**Call us now on 01202 463845 to
book your FREE 1 hour assessment
consultation or book online at
www.DolphinHypnotherapy.co.uk**



CONTACT US NOW



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By post

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Clinics also held at

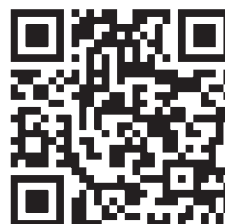
71 Redhill Drive, Bournemouth,
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Email Enquiries

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**Further information including our
professional fees can
be found on our website:**

 www.DolphinHypnotherapy.co.uk



*"I can help
you overcome
your greatest
challenges"*

Dolphin
HYPNOTHERAPY
Practice

**SUCCESSFUL TREATMENT
For ALL Unwanted Habits
Behaviours & Feelings**

Including:

Lack of Confidence ✓

Low Self Esteem ✓

Shyness ✓

Depression ✓

Anxiety ✓

Phobias ✓

Smoking ✓

**Counselling & Cognitive Behavioural
Therapy (CBT) also available**

 www.DolphinHypnotherapy.co.uk

Members of the following professional associations





Dolphin HYPNOTHERAPY Practice

About the Practice

Dolphin Hypnotherapy Practice is based at a busy doctors' surgery in Poole, and whilst most of our patients come from the Poole, Bournemouth and Swanage areas, we frequently treat people who travel considerable distance to reach us.

The Practice was founded in 1994 and has since helped countless individuals achieve goals they had previously thought impossible. From beating exam nerves to work related stress, from weight loss to phobias, from quitting smoking to dealing with deep routed psychological trauma.

HYPNOTHERAPY CAN HELP!

Our senior consultant, Mr Roberts, is also highly experienced in psychology, psychoanalysis, counselling and cognitive behavioural therapy (CBT).

So if you would like help in quitting smoking, losing weight, increasing confidence, overcoming social anxiety, stress, fear, panic attacks or depression, then you have come to the right place.



*"This therapy
literally changed
my life"*

To read this google review and others, follow the link on our website DolphinHypnotherapy.co.uk

Conditions Treated

Some of the more commonly treated conditions are detailed below:

Confidence & Self Esteem

These issues are amongst the most frequently treated by this practice and fortunately respond very well to the unique combination of therapies we offer. Lack of confidence and low self esteem are very closely related. Self confidence is a vital part of self esteem.

An important point to remember for anyone suffering from lack of confidence or low self esteem, is that you were not born this way! We are all born WITH confidence, babies are confident! They cry and they expect to be fed, they explore and they have no fear. This natural confidence can be regained!



Anxiety

Every person feels anxiety on occasion; it is a part of life. We feel nervous when we have to give a speech, go for a job interview, or walk into our boss's office for our annual appraisal. Most of us manage these kinds of anxious feelings fairly well and don't allow them to disrupt our lives. However, millions of people (an estimated 15% of the population) suffer from devastating and constant anxiety that severely affects, and sometimes highly restricts, their lives.

Stop Smoking

Statistically proven to be the most successful method to give up smoking. Our smoking cessation treatment takes just one session of approximately ninety minutes. We use a unique combination of cognitive behavioural therapy and hypnosis which results in exceedingly high success rates, and NO cravings, irritability or weight gain!



Counselling

At various times in our lives we all have unhappy periods and these may lead to confused and overwhelming feelings. These unhappy times may or may not be connected to specific problems. For some people, it helps to talk to someone outside their immediate family or friends. If this is the case a professionally trained counsellor may be the person to help you.



Counselling can help you make sense of your life, resolve specific problems, help you to make decisions, help you deal with stress, anxiety, low self-esteem, addictions, abuse, bereavement, divorce or separation, conflict with others, relationships and many other issues affecting emotional and mental well-being. The aim of counselling is for the counsellor to help you to help yourself and counsellors do this in many different ways.

Cognitive Behavioural Therapy (CBT) focuses on:

- How you think about yourself, the world and other people?
- How what you do affects your thoughts and feelings?

CBT can help you to change how you think "cognitive" and what you do "behaviour". These changes can help you to feel better. Unlike some of the other talking treatments, it focuses on the "here and now" problems and difficulties. Instead of focussing on the causes of your distress or symptoms in the past, it looks for ways to improve your current state of mind.

Emotional difficulties can arise from self-destructive ways of feeling, thinking and behaving. You may misinterpret situations or symptoms in a negative manner. This can lower your mood and in turn lead to further negative thoughts and a worsening of your situation. The therapist helps you to identify connections between the things you say to yourself and how these thoughts affect how you feel and behave.