

## Hypnotherapy, Psychotherapy, NLP, EFT

How these therapies can help you!

- ★ Hypnotherapy
- ★ Psychotherapy
- ★ NLP (Neuro Linguistic programming)
- ★ EFT (Emotional Freedom Techniques)

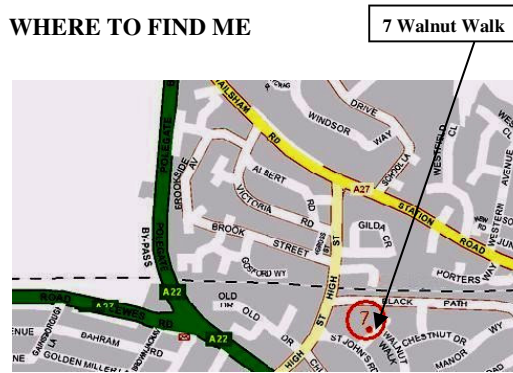
All of the above treatments can help with a variety of problems including Smoking Cessation, Weight Management, Anxiety, Phobias, Confidence, Nail Biting, Relaxation, Stress management, Pain relief and much more.

The above list is not comprehensive therefore if your problem is not listed above please ask for further details.

I hold lifetime speciality certificates in Smoking Cessation and Anxiety & Phobias.

Healing  
From  
Within

### WHERE TO FIND ME



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## JO TRICKER

DHH HPD MASC(P.Th) MPNLP Cert S.C.S. Cert Anx.Spec.

EFT-CC EFT-ADV

MNCH(Reg) MAPHP(ACC)

**HYPNOTHERAPY**

**NLP PRACTITIONER**

**PSYCHOTHERAPY**

**EFT**



## How Can I help You?

I offer a holistic approach to therapy and may include a number of treatments within a session if required with the agreement of the client.

Consultations are informal and friendly and completely confidential. During the first session I will need to find out more about you, who you are and how your health affects you. A brief medical history will be taken and details of your treatment plan will be discussed.

Session times vary according to circumstances but are normally around an hour. If you wish to proceed further appointments will be made as part of your treatment plan.

Past life Regressions and smoking Cessation sessions are longer due to their nature.

The therapies I offer can be used alongside conventional medicine in most cases. If this is not appropriate I will inform you and may refer you back to your GP or other practitioner as required.

## How Much Does it Cost?

### FEES

Payable at time of consultation.

Payments by Cash or Cheque or by card if paying on website in advance.

Hypnotherapy/Psychotherapy/NLP/EFT .....	£60.00
Past Life Regression .....	£100.00 (including script or cd subject to availability)
Smoking Cessation (1-2hr session) .....	£100.00 (free follow-up within 3 months if required)
General Sessions/Follow-ups .....	£60.00
<b>Ultra Depth @</b> Relaxation (up to 1 hr) .....	£60.00

## How Can I Book?

By Appointment only.

Some evening appointments available

Concessions may be available in certain circumstances, please enquire if this applies to you.

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**Hypnotherapy** is a safe, gentle and very effective treatment for a range of conditions, from giving up smoking to anxiety, phobias and even chronic pain. Hypnotherapy allows you a new sense of control over your thoughts and beliefs. What we think or say determines how we feel and act. Hypnotherapy allows real, effective and lasting change. You are in control at all times.

**Past Life Regression** uses hypnosis to enter a deeply relaxed state where the client is able to access past lives. Whether your belief is reincarnation or a sense that something deeper is affecting your life, regressions are designed to be therapeutic as well as interesting. (A script or CD is normally provided subject to availability).

**NLP (Neuro Linguistic Programming)** is a way of using language to alter behaviour patterns and often the way a problem is perceived, leading to lasting and often immediate change.

**EFT (Emotional Freedom Techniques)** is a technique that uses Meridian tapping to release the physical blocks within the meridian system linked to a problem, emotional and physical. Relief from symptoms can often be felt immediately.

**Smoking Cessation** normally a session will last between 1 and 2 hours depending on your circumstances. This session includes a case history and smoking history. I hold a lifetime smoking cessation specialist certificate.

**Ultra Depth® Relaxation** Imagine listening to a voice that guides you into profound depths of relaxation. The luxurious feeling of deep relaxation soothing your mind and body. Imagine emerging from this wonderful state feeling rejuvenated and calm. This is **Ultra Depth® Relaxation**.

Sessions last between 45 mins—1 hour. Small groups can be accommodated by arrangement at a slightly reduced rate.

Gift Vouchers are also available for this treatment as it involves no analysis. You will need to have an individual 30 minute consultation prior to the first session treatment

HOLISTIC HYPNOTHERAPY  
PSYCHOTHERAPY NLP  
**JO TRICKER**  
HPD DHH MASC(P,TH) PNLPCERT S.C.S CERT Spec. Anx.

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