

Hypnotherapy

with Sarah Allan - Hypno-Psychotherapist GHR DHP DCH Hypno Supervisor

Need a little 'me time'?

Do you have changes you'd like to make in your life?
Perhaps you want to leave behind old habits or limitations, to embrace a brighter future and fulfil your dreams by being the 'you' you want to be!

Hypnotherapy is therapy that uses hypnosis as a tool to help clients to make changes in terms of thoughts, feelings and behaviour.

Sessions begin with a therapeutic conversation around your situation and your needs.

You are guided into a very calming and relaxing state. This is particularly helpful for anyone experiencing anxiety, stress or overwhelm.

Once in the relaxed state you will experience a combination of visualisations and suggestions focused on the changes you are seeking.

Hypnotherapy is particularly helpful for anxiety, helping to reduce the negative thoughts fuelling the anxiety, and teaching your system how to be calmer and more balanced.



Please call our office for eligibility, dates and to book.
If you have any enquiries please contact us on:

T: 01302 637566

E: dpvevents@doncastercarers.org.uk

W: www.doncasterparentsvoice.co.uk

