

Others say

121 hypnotherapy — client confidentiality maintained

CALM | BALANCE | WELL-BEING

... the time you took helped me trust you so that I could make the most of every session ...
... .. I was aware of everything being said and going on but felt deeply relaxed and rejuvenated
... I noticed immediately that I felt calmer and more confident ...
... I found that I was able to go deeper than the first time ...
... in fact I didn't want to come out because it was so lovely! ...
... .. again I left the session feeling centred and calm
... even the rush-hour tube and just missing a train was — different ...
... .. thank you very much ... I just love meditative trance with you!
... .. it felt like a state of grace

VOCAL HEALTH

... I appreciated the time you took beforehand to discuss the issues I had with my voice ...
... you have an incredible voice and the way you guided me was really good ...
... .. your voice is so calm ... it shows me the way

RELEASING UNWANTED HABITS — STOPPING SMOKING

... I now feel very positive about not smoking and want to recommend my sister to you ...
... I really believe I'm a non-smoker and my voice is coming good too! ...
... .. I am a non-smoker!

RELEASE of ANXIETY | STRESS | TENSION | FRUSTRATION | EXHAUSTION RESOLVING SLEEP-LOSS | IBS | RECURRING INFECTIONS

... from the moment I talked to you on the phone, I knew I could trust you ...
... .. I have enjoyed the whole process and felt very comfortable
... my mind was getting the messages it needed to hear without realising ...
... .. and I truly believe it has stayed with me ... thank you again
... .. I am so very glad I did it — it has been very powerful and yet very gentle experience

PERSONAL PRESENCE | CONFIDENCE | RESOLVING CONFUSED SELF-IMAGE | CONFLICTING FEELINGS

... there's been a definite consciousness shift in my anxieties with food and eating ...
... .. it almost feels as if nothing's changed because the process has been so gradual —
and required no daily struggle from me to change beliefs and patterns
... I felt I entered into the final session very deeply and finished with overwhelming confidence and elation ...
... the whole process has been very interesting ...
... I'm really pleased and grateful I found such a sympathetic practitioner who has shown genuine
thoughtfulness ...
... .. with Susan I felt instantly at ease and confident having her guide me through the sessions
... we developed a trust and rapport very quickly
this would easily translate to others looking at a range of issues ...
... .. I recommend Susan without hesitation

Others say

121 ego state therapy — client confidentiality maintained

Did my sessions make your known issues accessible?

Absolutely. I thought I knew what my issues were, habitually analysed them in almost academic detail, but it seems that working with you helped me to really go into these issues, exploring the ones that were “known” and other things as well. What is remarkably curious is that I never felt this process happening at the time but now feel that all my parts are working together again.

How were my questions and guidance for you?

Incredibly bang on! Don't know how you do it, but you seem to know exactly what detail and which issues to pick up on and follow through to its natural fruition.

Did hypnosis help? ... how?

It deeply relaxes me, makes me feel grounded at the same time as it brings a new perspective and valuable insight into issues ... I feel like it's helping me deal with issues in effective and healthy way ... I can look at issues and see them for what they are, understand them and then let go of them.

What has changed? ... when did this happen?

For many years I used to feel a strong wave of anxiety every morning when waking, this disappeared after one session. It's not there anymore. It's such a relief! I also feel more able to deal with anxiety in general.

How does being in hypnosis help? ... how did you feel in trance?

Hypnosis is a curious state — I thought that the person being hypnotised was completely oblivious, that the voice of the hypnotherapist magically diffused through their ears and suddenly everything was different. I didn't feel like this was my experience ... I knew that I was having hypnosis and was aware of Susan's voice and everything that was happening to me ... I felt extremely relaxed ... my body and mind felt very still and images would come to me ... I felt I was somewhere different.

What has changed for you? ... is this also happening in the 'real world'?

It feels like my parts are working together. Yes it is happening in the real world.

Are there any ways you feel different now?

I feel very different now. I feel very free, very calm and incredibly excited all at the same ... I feel like I have unlocked something and feel very hopeful that this is now the way forward.

Were my Reflective Practices, including Ego State Therapy, effective for you? ... how?

Yes – very. I am a visual person so linking feelings and thoughts to images is incredibly helpful and giving feelings a form, shape and picture makes them easier to deal with. The idea of having many “states” all with different functions and different personalities makes a whole lot of sense to me — the idea that “who we are” isn't a single, centralised mass – but a myriad of different parts doing different tasks. Having said that, I feel now like I have a central picture and all my different parts fit in, doing their separate jobs. I feel much more “together” ... and that phrase has a whole new meaning for me!

Any words for others who might be considering these practices?

Nothing to be worried about ... Susan is a magic wizard ... She has an incredibly skilled and gentle approach to her work and has the amazing ability to guide you through the experience and all it entails. The sessions with Susan have helped me deal with anxiety that I have tried to understand for years ... I felt very safe and supported throughout ... the sessions have been so fantastic ... they have certainly had an immediate effect but I also feel they have started a deeper shift that is happening more slowly and which is good.

... Anything else?

Thank you so much Susan! ...
You are an incredibly talented, insightful and warm person ... Thank you!