

Others say ... Hypnotherapy

CALM | BALANCE | WELL-BEING

The time you spent with me helped me trust you. In hypnosis, I was aware of everything being said but felt deeply relaxed and rejuvenated. I noticed immediately that I felt calmer and more confident and found that I was able to go deeper each time — in fact I didn't want to come out because it was so lovely. I was left 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 gifted.

“ Your calm voice showed 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 truly 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 enjoyed every session and felt very comfortable hearing what I needed to hear without struggling. I truly believe it has stayed with me and I am so very glad I phoned you — thank you.

“ — a very powerful, yet very gentle experience ”

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

There's been a finite conscious shift in my anxieties with food and eating. As this was gradual it required no daily struggle from me to change beliefs and habits. I left our final session with overwhelming confidence and elation. I am pleased I found such a sympathetic practitioner who shows genuine thoughtfulness. With Susan I felt instantly at ease and confident having her guide me through my issues. We developed a trust and rapport very quickly and I believe this would easily translate to others looking at a range of issues.

“ I recommend Susan without hesitation ”

continued ...

Others say ... Ego State Practice

Did my approach access your known issues?

Absolutely. I thought I knew what my issues were, habitually analysed them in almost academic detail, but exploring my different states really clarified things, exploring what was “known” and other things as well. What is remarkably curious is that I never felt this happening at the time.

How were my questions and guidance?

You seemed to know exactly the detail and issues to pick up on and follow through to natural fruition.

Did hypnosis help? How?

It was deeply relaxing and made me feel grounded whilst, at the same time, it bringing valuable insight and new perspectives. It helped me deal with issues in effective and healthy ways. Now 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 happened?

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

How does hypnosis help? How did you feel in trance?

Hypnosis is a curious state. I thought I would be oblivious then suddenly everything would be different. In fact, I was fully aware of Susan's voice and all that was going on. I felt extremely relaxed. My body and mind felt still and images would come to me.

What has changed for you?

It feels as if all of me is working together. I feel different now — free, calm and incredibly excited all at the same. I feel that I have unlocked something and that feels very hopeful for the future.

How about Ego State Practice? Is it effective?

Yes, very. I am a visual person, so linking thoughts to images is incredibly helpful. Giving feelings a form and shape made them easier to deal with. The idea of having many states with different functions and personalities made sense to me. The idea that “who we are” is not a single, centralised mass but a myriad of different parts doing different tasks, feels right. Having said that, I now have a central picture with all my different parts fitting in, doing their separate jobs.

“ *I feel much more together and that has much more meaning for me* ”

Any words for others who might be considering calling me?

Nothing to be worried about. Susan has an incredibly skilled, yet gentle approach with an amazing ability to guide through this experience and all it entails for you. This experience has helped me deal with anxiety that I have tried to understand for years. I felt supported throughout. There has certainly been an immediate effect, but I also feel that a deeper shift has started which is happening more slowly and which is good.

Anything else?

Susan you are a talented, insightful and warm person — thank you.