

Some of the conditions that Hypnotherapy can help with.

Addictions **** Grief
Agoraphobia **** Guilt
Alcoholism **** Habits
Amnesia **** Impotence
Anger **** Insecurity
Anorexia **** Inferiority
Asthma **** Inhibitions
Bed Wetting **** Insomnia
Bulimia **** Migraine
Complexes **** Panic Attacks
Confidence **** Phobias
Depression **** Stammering
Exam Nerves **** Slimming
Frustration **** Smoking

Hypnosis is probably the most useful tool for the release of anxiety that is currently available.

Mary Lucas

Mary Lucas Dhp Sqhp Mnch Dplt.

ADVANCED HYPNOTHERAPY
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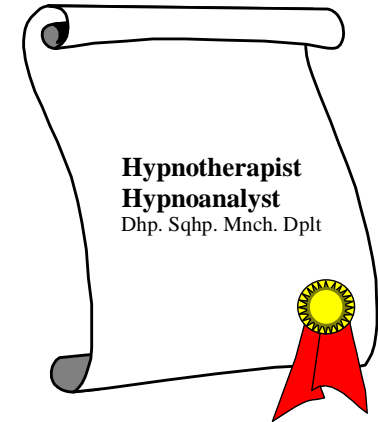
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Mary Lucas



If your enjoyment of life is being hampered by a persistent psychological or emotional problem then....

Hypnotherapy can help you.

Tel: 01375 38 54 39 (24 hr answer)

Mary Lucas

ADVANCED HYPNOTHERAPY

What Conditions Can Hypnosis Treat ?

The list of problems that can successfully be treated with Hypnotherapy is endless and there are no unpleasant side-effects or withdrawal symptoms.

What Is Hypnosis ?

Hypnosis is nothing more than a feeling of deep relaxation and heightened awareness. It is a perfectly natural phenomenon.

What Is Hypnotherapy ?

Hypnotherapy is the exploitation of hypnosis for therapeutic purposes. There are two different treatments using conscious Hypnosis:

SUGGESTION THERAPY

This is used for simpler problems such as smoking, nail-biting, pre-test nerves, slimming, relaxation, confidence-boosting etc., usually requiring only one or two sessions.

ANALYTICAL-THERAPY

This is used to discover and remove the causes of deeper psychological problems. Every effect (the symptom) has a cause. Hypno-Analysis reveals and thus removes the cause, thereby relieving the symptoms. Complete and lasting relief from symptoms usually requires 4 to 8 weekly sessions.

QUIT SMOKING THERAPY

This therapy is quite simply the best available.
90%-95% OF SMOKERS WILL BECOME NON-SMOKERS IN JUST ONE SESSION.

If necessary a short booster is given at no extra cost.

NO SIDE-EFFECTS. NO CRAVINGS.

NO WITHDRAWAL SYMPTOMS.

NO NEED FOR STRONG WILLPOWER.

It really works and it definitely lasts.

£95.00 including reinforcement CD.

WEIGHT LOSS

Achieve your target weight easily, then stay there.

No strict diet means no need for strong willpower.

No continual hunger pang misery. This is the easy way to lose weight. Typically 2 to 3 sessions.

£50.00 per session including reinforcement CD.

FEARS / PHOBIAS

You may have a fear or phobia that you cannot get to grips with however hard you try. Hypnotherapy can remove the problem so completely that you simply forget it ever existed. Typically 4 to 8 sessions.

£50.00 per session.

TACKLING HIGH BLOOD PRESSURE *Naturally*

The **Hypnotension™ Programme** is a one-to-one therapy between you and a Certified Practitioner. Together, you will address the emotional and lifestyle factors which contribute to your high blood pressure so that you can take back control and reduce your blood pressure *naturally*.
£50.00 per session. (See website 'Links' for further details.)

Mary Lucas has been in practice since 1994.

Is a **Senior Associate Member** of:

The Royal Society of Medicine.

Has been awarded her Diplomas by:

- (1) ***International Association of HypnoAnalysts (Dhp)*** - Diploma in Hypnotherapy
- (2) ***The Wesland Institute (NLP)*** - Neuro Linguistic Programming (Diploma).
- (3) Past Life Therapists Association-Diploma-(**Dplt**)

Member of National Council for Hypnotherapy.
Member of Complimentary Natural Healthcare Council.

Is an *Accredited Practitioner* with the:

- (1) **Central Register of Stop Smoking Therapists**
- (2) **Hypnotension™** (High Blood Pressure) Treatment Groups. See website 'Links' for details.

Holds a **Senior Qualification in Hypnotherapy** with the: *General Hypnotherapy Register.*

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