

Two Exciting New Therapies

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

Mary Lucas

Mary Lucas Dhp. Sqhp. Mnch.
ADVANCED HYPNOTHERAPY
2 College Road, Grays, Essex. RM17 5PB.
(By Appointment Only.)

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(One) **BWRT** - A POWERFUL NEW STYLE THERAPY
'BWRT®' stands for **'Brain Working Recursive Therapy®'**, a model of psychology and psychotherapy created by UK professional therapist, Terence Watts, MCGI. It's a totally confidential method that does not require you to reveal your private information or personal secrets to your therapist and it is carried out in a completely conscious state. It does not use hypnosis or any concepts that might be considered mystical or unscientific - it's completely logical, practical and down-to-earth. For it to succeed only needs you to know, what you want to change in your life. Only Certified Practitioners have been trained to deliver BWRT® and all have to adhere to a strict ethical code.
Find out more at: <http://www.bwrt.org>

I am a *Founder Member* of the British Brain Working Research Society and Certified BWRT Practitioner.
£60.00 per session

(Two) **OldPain2Go**. A POWERFUL NEW STYLE THERAPY
Created by UK professional Therapist Steven Blake.
Is a method of using the body's innate healing power to eradicate or lower old pain messages that may be ruining the quality of your life. Pain has a purpose when it relates to a new injury or problem. It gives us the urgency to deal with an issue, relevant to how much of a problem it is.

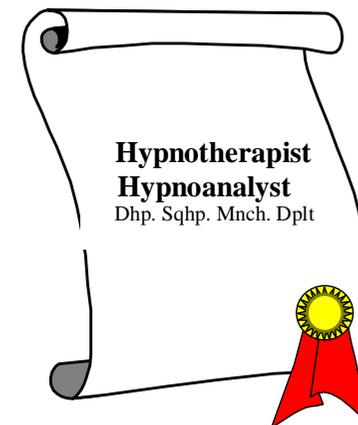
Our bodies are miracles of nature and in most cases they heal themselves with no conscious input from us. It is this aspect of the mind that OldPain2Go taps into, it does this in a totally unique way – it gets the unconscious and conscious aspects to talk to each other with the practitioner as an intermediary. This is not like anything else and all a qualified practitioner needs to do is talk to you – it is not hypnosis – no trance is needed. It is a simple methodology based on how the brain processes things, so whilst we all store different information in our head - *we do tend to process things in the same way as everyone else.*

Important: You can only access this treatment once a **Medical Professional** diagnosis has been given and the tissues are healed, or will never heal and no more can be done, **except pain relief**, that's when
OldPain2Go can help – even when nothing else can!

Find out more at: <https://www.oldpain2go.com>

I am a Certified OldPain2Go Practitioner.
£60.00p. per session (Usually requires 1 or 2 Sessions).

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 /VAPING

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.

£110.00p., including reinforcement CD, or Mp3 Download by Email.

ADDICTIONS

The list of addictions that are successfully treated with Hypnotherapy include: Cocaine; Cannabis; Alcohol; Gambling , etc, Typically 2 to 4 sessions.

£60.00p. Per session.

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.

£60.00 per session including reinforcement CD, or Mp3 Download by Email.

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.

£60.00 per session.

Mary Lucas has been in practice since 1994.
Senior Associate Member of:
The Royal Society of Medicine.

Diplomas Awarded by:

International Association of HypnoAnalysts

(Dhp) - Diploma in Hypnotherapy

The Wesland Institute

(NLP) - Neuro Linguistic Programming (Diploma).

Past Life Therapists Association

(Dplt) Diploma.

Member of National Council for Hypnotherapy NCH.

Member of Complimentary & Natural Healthcare Council.

CNHC

Founder Member of:

British Brain Working Research Society.

Is an *Accredited Practitioner* with the:

(1)Central Register of Stop Smoking Therapists

(2) Hypnotension (TM) (High Blood Pressure)

Treatment Groups. *See website 'Links' for details.*

Senior Qualification in Hypnotherapy with the:

General Hypnotherapy Register.

Mary Lucas Dhp. Sqhp. Mnch.

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