

*All consultations are strictly by appointment only and confidentiality is assured .*

Each individual and each challenge is unique , therefore the number of consultations varies .

### **Suggestion Therapy:**

usually takes ( 1 to 4 sessions ) for nail biting , pre-test /exam nerves , Confidence etc ,and this includes a free CD for self hypnosis and positive reinforcement .

### **Analytical Therapy :**

Which is used to discover CAUSES of psychological problems . The objective of analysis is to bring you to a moment of surprising insight and liberating enlightenment and one can be fairly confident that a release from the presenting symptoms such as Anxiety , panic attacks causing a fight or flight response unnecessarily ,will be obtained usually within eight to twelve sessions of analysis . With these cases we are talking about a complete and lasting release by finding and removing the roots of the originating cause of the symptoms

Alan is qualified in Advanced hypnotherapy and psychotherapy , He graduated from the Institute of Clinical Hypnotherapy & Psychotherapy Cork after satisfying the IHEB ( Irish Hypnotherapy Examiners board ) in his level of knowledge and competence .he is also a member of the ICHP Institute of Clinical Hypnotherapy & Psychotherapy and as such is bound by a code of Ethics and is also covered by malpractice insurance . [www.walkingtall-hypnotherapy.com](http://www.walkingtall-hypnotherapy.com)

### **Brief cognitive behavioural therapy**

CBT Cognitive behaviour therapy provides new ways of thinking and feeling within a short period of time, this therapy usually takes between 7 - 9 sessions. This is opposed to, often frequently long therapies. Some therapies can go on for many months and even years which, paradoxically holds that person back from going forward. The longer therapy continues, constantly reminds the client, that their problem is something drastic, becomes more reliant on the therapist, with nothing happening in respect to coping or feeling better.

People suffering depression tend to think or ruminate about the same old problem over and over again. Thinking of things in the past that hurt them, or feel guilty about, things they have not accomplished, and that they are useless and hopeless. They say ‘Things will never get better’, ‘I will never be able to have a good relationship, job’, ‘I’m no good at anything’ or ‘it’s my fault things went wrong’. These unrealistic self-critical evaluations develop pessimistic ideas, that create low self-esteem and a sense of hopelessness and helplessness.

Providing cognitive, behavioural CBT, and interpersonal approaches within hypnosis, allows that person to think and feel differently and produces sophisticated ways of overcoming problems. Solutions to problem solving are imperative and significantly reduces a relapse. These coping skills and mechanisms are resources within all of us, which are identified and brought out, to be utilised for the future. Clinical hypnosis creates the effectiveness of psychotherapy, which enables unique specific and positive changes to take place in the depressed individual.

***Take the first step to Improve your life***

# ***Hypnotherapy*** **&** ***(EFT)Emotional Freedom Technique***



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***Change How you feel about what you think !***

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If you do not require this brochure , please recycle it by giving it to someone it might help .

Thank You .

## ***Hypnosis is the natural way to Improve your life***

Should you be considering using hypnotherapy for The first time , you may be a bit apprehensive , not knowing what to expect .

This leaflet is intended to allay any fears you may have , for what takes place during hypnosis is quite normal and nothing Magical or unusual in any way .

Hypnosis is ...

1) Best described as a tremendously pleasant state of Relaxation

2) One of the oldest of all healing techniques . And dates back to Egyptian times .

3) Hypnosis is completely natural and safe , with no side effects

And long lasting results .

Almost without exception , after hypnosis you will wake feeling relaxed , peaceful , content and confident .

### ***Hypnosis is the Key***

1) Break unwanted habits - smoking , nail biting , blushing , stuttering , etc.

2) Relieve medical conditions - obtain relief and often remission from asthma , migraine , irritable bowel syndrome , eczema , psoriasis , and warts .

3) Control pain - gynecological problems such as PMT and for painless child birth , pain control for dentistry , arthritis and general neuromuscular aches and pains .

4) Beat phobias - obsessive compulsive behaviors, emotional problems , insomnia and inhibitions .

5) manage stress, relieve stress, tension , anxiety and panic attacks , reduce blood pressure .

6) Control weight

7) Improve performance increase performance in work , study and sport , improve concentration and memory.

8) boost self confidence realize your self worth , relieve depression gain a sense of control over your own life .

## ***Frequently asked questions***

### ***Q How does hypnosis work ?***

**A** Our minds work on two levels the conscious and the unconscious . We make decisions , think and act with our conscious mind. The Unconscious mind controls our habits and our emotions . In hypnosis we can communicate directly with the unconscious mind , this is why it is so quick and easy to change habits of a life time with Hypnosis .

### ***Q Is Hypnosis like sleeping ?***

**A** No however it is a deep form of relaxation that you can be guided into by visualizing and other techniques . While in hypnosis you will be aware of what is happening , and you will remember what has happened and can be called conscious sleep .

### ***Q can everyone be hypnotized ?***

**A** Generally speaking everyone of normal intelligence can be hypnotized . In fact every time you daydream you are in a form of hypnosis .

### ***Q Is Hypnosis safe ?***

**A** It is very like Meditation , visualization or daydreaming . You are aware and in control at all times and can awaken any time you wish . Therefore it is impossible to get stuck in the state of hypnosis , and you cannot be made do anything against your will .

### ***Q Should I continue to take prescribed drugs ?***

**A** Yes if your doctor or hospital has instructed you to do so .

## ***Emotional Freedom Technique ( EFT)***

Emotional Freedom Technique (EFT) is a universal healing aid that is in use world wide by those in the healing professions .

Compared to other techniques , EFT is usually quite gentle , and substantial relief is often achieved with little or no physical or emotional pain .

Often described as acupuncture without the needles in simplest terms EFT is an emotional form of acupuncture , except that we don't use needles we tap with the finger tips to stimulate certain meridian points ( acupressure points ) while focusing on the goal to be achieved .

Based on impressive new discoveries involving the bodies subtle energies , EFT has been Clinically effective for trauma , Abuse , Stress ,Anxiety or Fears , Phobias , Depression , grief , Addictive cravings , Children's issues and hundreds of physical symptoms including headaches , body pains and breathing difficulties .It is the missing peace to the healing puzzle

... It often works where nothing else will

... Usually rapid and long lasting and Gentle .

...No drugs or equipment involved .

...Easily learned by anyone .

... can be self applied .

Alan Holds an Advanced Certificate in EFT and he now finds that the Combination of hypnotherapy / Psychotherapy and EFT provides Relief , in quite a remarkable way , for a wide range of physical and psychological problems . As a professional therapist , He is committed to helping you swiftly and as effectively as possible .

