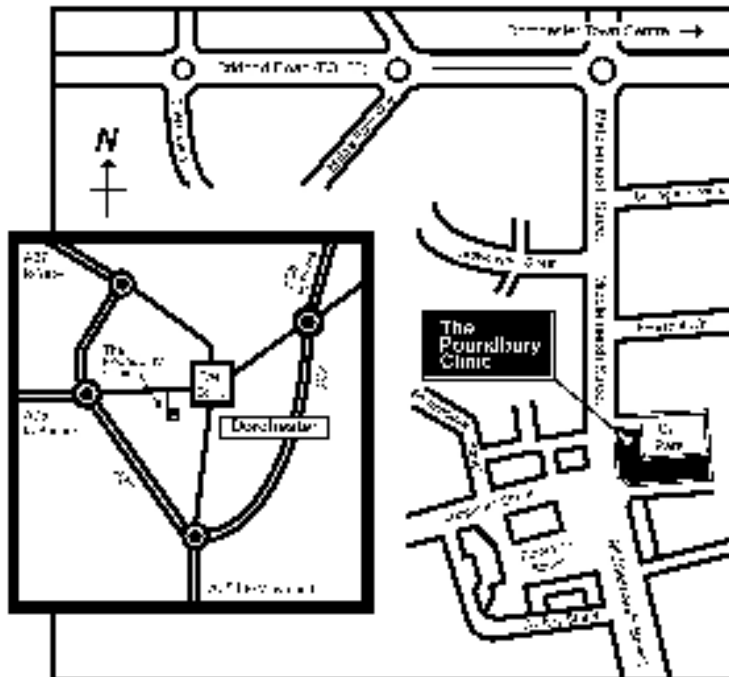


HYPNOTHERAPY

Practitioner: Ginny Dobson B Ed(Hons) RMN

Clinic opening hours:
Monday - Friday 8.30am to 5.30pm

Where to find us:



The clinic offers full wheelchair access and car parking at the rear of the building.

Middlemarsh Street, Poundbury, Dorchester, DT1 3FD
Tel: 01305 262626 Fax: 01305 262641
Email: info@thepoundburyclinic.co.uk
Website: www.thepoundburyclinic.co.uk



The Poundbury Clinic



HYPNOTHERAPY

What is it?

Clinical hypnotherapy is a form of psychotherapy that uses altered states of awareness to achieve a therapeutic end result. It is goal orientated, focussing attention internally, re-accessing resources and creating new associations and patterns of thought and behaviour.

What problems can benefit?

- Stopping smoking and other addictions
- Weight control
- Pain management
- Confidence building
- Phobias
- Anxiety
- Stress

What does it feel like?

In clinical hypnosis there is no loss of consciousness or control. It is not sleep but a halfway state in which specific suggestions are made to address the condition for which help is sought. No one can be hypnotised against their will. It is essentially a deepened natural state. We all spend part of our life in a degree of hypnosis – daydreaming and ‘switching off’.

Practitioner at The Poundbury Clinic:

Ginny Dobson B Ed(Hons) RMN

EMDR/Cognitive Behavioural Psychotherapist

Special Interests: occupational stress, post traumatic stress and other psychological sequelae of traumatic events eg road traffic accidents, physical assault, rape and the long term effects of childhood abuse (sexual, emotional and physical)

At The Poundbury Clinic on Tuesdays 8.30 – 12.30.

Home consultations if appropriate.

Cost

Initial assessment: £67 1 hour
follow up: £55 per one hour session

For more information:

www.mind.org.uk

www.ichypnosis.com/hypnotherapy

Sept 2008