

SEN·Si

Sensory Integration Therapy

HYPNOTHERAPY

WHAT IS HYPNOTHERAPY

Hypnotherapy is an approach that can support the mind to reframe negative beliefs, simply by using relaxation techniques and our imagination! Low Self-esteem, unwanted behaviours or physical symptoms can be a result of the subconscious mind over protecting us, raising our anxiety and developing unnecessary fears.

This therapeutic process creates new ideas and benefits that the subconscious accepts forming new acceptable behaviours.



SEN·Si

Sensory Integration Therapy

WHY HYPNOTHERAPY WORKS

The client is placed in a relaxation state so the mind is calm and the pathway to the subconscious is open. This allows the therapists suggestions to be heard and has proven over the hundreds of years of practice to make positive changes that the client wants to make.

This works particularly well in children because they still have such an accessible open mind and can use their imagination without feeling embarrassed or uncomfortable, therefore great results are achieved!

Sensi HYPNOTHERAPY can Offer SUPPORT for:

-  Anxiety
-  Building self esteem
-  Building confidence
-  Improve sleep, including support with nightmares
-  Separation anxiety
-  Emotional regulation
-  Bed wetting
-  Habit breaking
-  Exam nerves
-  OCD
-  Ego Strengthening
-  Behaviour difficulties
-  Tics and stuttering



CONTACT US FOR FURTHER DETAILS:

info@sensitreatment.com

www.sensitreatment.com

