

Phobias, Fears & Worries

Overcome fear to free your life



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Passionate about helping you live life to the full

I am a certified and registered clinical hypnotherapist, and using individualised hypnotherapy I have helped many clients to overcome their phobia or fear which has empowered them to enjoy their life, and even do things they never thought possible.

Along with being a clinical hypnotherapist trained in hypnotherapy techniques for phobia release, I am a mindfulness instructor.



About

Free your life from needless fear and anxiety

Phobias, fears and worries about every day things in life can feel irrational and hard to overcome. Maybe you have no idea how your phobia started, you just know it's frustrating and affecting your life. Time to overcome old anxieties?

Hypnotherapy can provide relief from phobias and fears such as:

- Flying, driving or travel
- Spiders, dogs, cats or other animals
- Vomiting, different foods, germs
- Medical: Needles, injections, blood, dentists, procedures or professionals
- Heights, bridges or edges
- Socialising and going out worries
- Work situations, presentations or interviews
- The future, illness, death & dying
- And so much more!



Testimonials

“I have had awful needle phobia for many years and it is greatly improved! I take much less time to prepare for injections and have far fewer physical symptoms of anxiety. Nurses even noted the improvement, without even telling them I’d had hypnotherapy!”

Caitlin, Phobia Client

“The sessions totally changed my life. Carol is so professional and understanding. No matter what you struggle with Carol will help tailor a plan to you with what ever you need. She is a credit to her occupation.”

Amber, Phobia Client

Case Study

A case study for a Phobia client is available to read [here](#).



Services & Fees

Phobia, Fear & Worry Release options available:

Hypnotherapy Appointment £70

Phobia, Fear & Worry Release Programme £199

Individualised Phobia & Fear Relief Programme providing you with practical techniques to support you to find release your phobia or fear, and move on with life. The programme includes:

- Three personalised hypnotherapy appointments
- Phobia & Fears, its management information & self-help material
- Two Mp3 audios to enhance your positive mindset change

To support you, hypnotherapy sessions can be taken over an agreed time frame.

20% discount for NHS, Care, Emergency Services, Armed Forces apply to all sessions and packages.





Extra Info

Free Initial Consultation

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: enquiries@hypnomind.co.uk

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***