

Pain Management

Find, Release & Manage Pain



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Passionate about improving health

As a nurse I understand, pain and its effects not just on the person with the pain but on relationships and ways of life. I needed to find my strength and use skills to manage my own pain when, following an accident and surgery I was left needing to learn to walk again. I found that using hypnotherapy and mindfulness techniques really helped me get through those difficult days, and to stay focused, positive and motivated in my recovery.

Having undertaken additional training, I now support clients using hypnotherapy and mindfulness, to improve the quality of their life by learning ways to manage their pain and its effects.

I am a certified and registered clinical hypnotherapist and mindfulness instructor.





About

At some time in our lives, we have all experienced pain when our body tells us there is a problem and we need to do something about it.

It's important we make a decision about the need to seek medical advice and appropriate treatment.

Maybe you already know about the many ways to manage pain such as medical support and alternative therapies, but have you ever thought about pain management as a skill you can learn and develop from the resources you have within you?

Yes, those resources are already there. Hypnotherapy and mindfulness can help you find, release and use your resources to manage pain and its effects on daily life, even if for any reason your pain is chronic and long term. There is hope for you to learn techniques to manage that pain.

Testimonial



“Life is better for me now that I can use my helpful ways to be more relaxed when the pain starts.

Thank you for your help.”

Sarah, Pain Client

Services & Fees

Pain management options available:

Hypnotherapy Appointment £70

Pain Management Programme £199

Individualised Pain Management Programme providing you with practical techniques to support you with your pain management. The programme includes:

- Three personalised hypnotherapy appointments
- Pain, 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.

Pain Management for Groups

Please enquire for details.

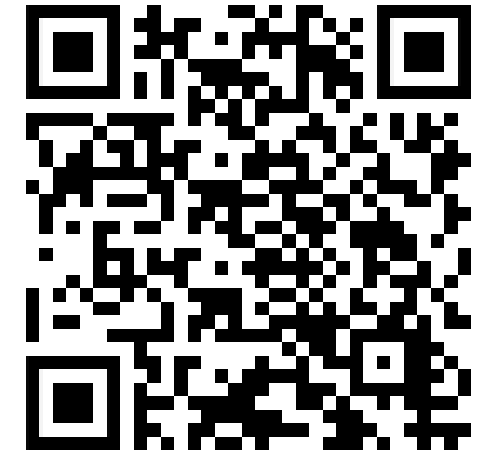
Contact Me

For further details or to make a booking:

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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.***