

Healing Grief and Loss

Finding Peace in Difficult Times



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Like many, I've faced the pain and sorrow of losing loved ones, both expectedly and unexpectedly. I understand first-hand how overwhelming grief can be, making it challenging to focus on daily tasks, let alone manage the practicalities of loss.

I, too, sought support after experiencing profound loss. While each person's journey through grief is unique, I can relate to the emotional and practical challenges it brings. Drawing from personal and professional experience, I offer my grief support training to help you navigate your grief and find healing.

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



About

Are you struggling to cope with the loss of someone important to you? Do you wish to find a healthy way to navigate the grieving process?

Whether you've lost a loved one or a cherished pet, navigating the storm of emotions amid changed circumstances can overwhelm.

Grief is natural, yet its pain is profound. The absence of a loved one can shroud everything, making life without them seem unimaginable.

Often, we try to manage these challenges by focusing solely on the practical aspects, which is undoubtedly important. However, at some point, we must address the emotional fallout, and this is where hypnotherapy and mindfulness techniques can offer invaluable support.



About continued

Find a healthy outlet for grief

One effective approach to coping with grief is to structure the process, enabling you to choose when and how you grieve. By doing so, you prevent sorrowful thoughts from constantly intruding upon your daily life. This focused approach allows your grief to be more concentrated yet less pervasive, enabling you to truly honour your loved one's memory while moving forward with your life.

Hypnotherapy and mindfulness techniques offer a path to healing by facilitating a healthy grieving process. Through hypnotherapy and using mindfulness techniques, you can:

- Diminish the overwhelming intensity of grief
- Break free from unproductive thought patterns
- Cultivate a more positive outlook on the future

Embark on your journey toward healing today.





My approach

I've had the privilege of guiding both men and women through their grief journey in a personalised manner, allowing them to progress at their own pace. This involves providing the space and support needed to navigate the unpredictable waves of emotions, ultimately helping them find balance, perspective, and peace in their lives.

Claire expressed initially feeling like her pain would never cease. However, as we concluded her last session, she revealed that attending appointments and learning coping strategies had enabled her to continue living in a way that honoured her husband's wishes.

Case Study

A case study for a Healing Grief and Loss client is available to read [here](#).

Services & Fees

Healing Grief & Loss options available:

Hypnotherapy Appointment £70

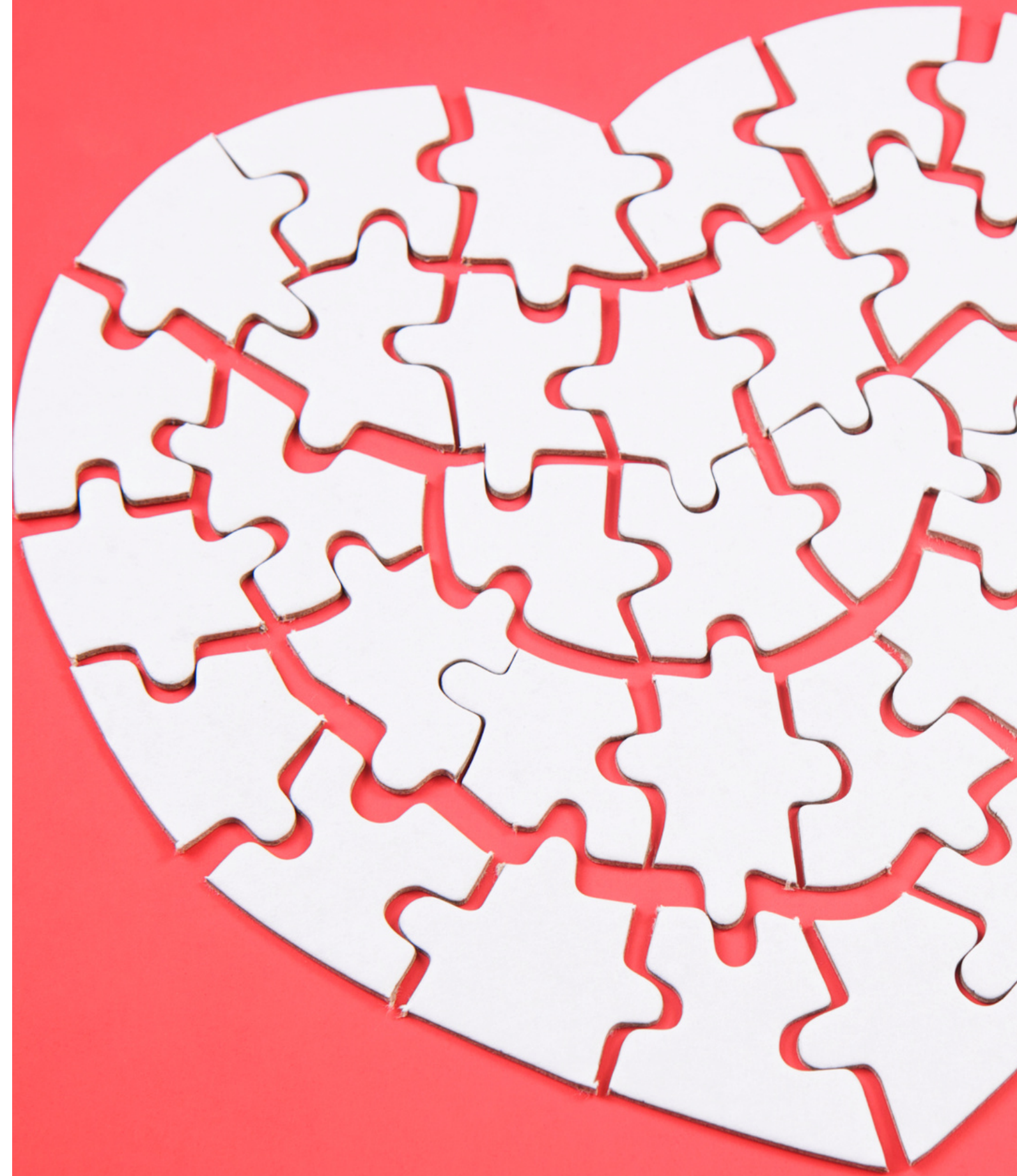
Healing Grief & Loss Programme £199

Individualised Grief & Loss plan providing you with practical techniques to help you to support you in finding your way to calmness and strength to support healing after loss. The programme includes:

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

To support you, programme appointments 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.

Please enquire for details or you can book a slot [here](#).

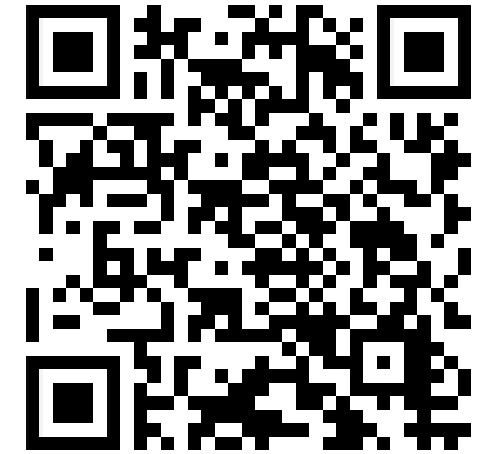
Contact Me

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.***