

Addictions

Break the cycle and let go



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

My approach

I am a certified and registered clinical hypnotherapist and have undertaken further training to offer appropriate support to those seeking support with addictions. My approach is to focus on the psychological elements driving the behaviour.

Consultations will require disclosure of current, or previous therapy and treatments to support your wellbeing and appropriateness to use hypnotherapy or mindfulness.





About

There are times in life we could all use some support and help to find our way through a difficult patch. Maybe you realise you are drinking more alcohol than you used to, and it's becoming a habit you really don't want to get out of control.

Looking for, and asking for that help can feel difficult, but it also comes from your inner strength. You do have inner strength even though you may not feel like you do.

Hypnosis can naturally and effectively target addiction where the addiction lies - in your unconscious mind.

Hypnotherapy and mindfulness could offer you ways to find and release your strength to move forward, take control and make the changes in your life you want to make.



Testimonial

“Carol listened intently to me describing what I wanted to address and produced a bespoke approach that provided immediate results.

I would highly recommend her to potential clients”

Jim, Addiction Client

Case study

A case study for an unwanted alcohol drinking habit can be found [here](#).

Services & Fees

Moving Forward options available:

Hypnotherapy Appointment £70

Moving Forward Programme £199

Individualised Moving Forward Programme providing you with practical techniques to support you to change unwanted habits and behaviours. The programme includes:

- Three personalised hypnotherapy appointments
- Addiction, 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.



HABITS

CHANGES



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.

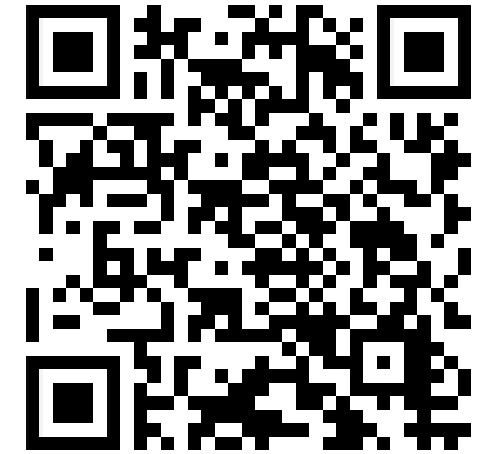
Contact Me

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.***