

Living Well with Tinnitus

Turn down ringing or humming in your ears to
regain quality of life



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Passionate about improving health

As a nurse I understand how tinnitus is very real to the person who is experiencing it. Tinnitus can have profound effects on how a person feels and functions. I have seen its effects not just on the person with the condition, but also its impact on relationships and ways of life.

I am a certified and registered clinical hypnotherapist and mindfulness instructor, with additional training to support you live well with tinnitus.





About

Tinnitus takes various forms and varies in severity. Whether it involves a ringing, humming, clicking, or whooshing noise, tinnitus is the perception of sounds when there is no external cause.

Millions of people have tinnitus, a condition where a person hears a sound inside the head. Tinnitus can develop for anyone, and sometimes the cause can be unknown.

Not surprisingly, the condition can interfere with people's ability to sleep. During the day, tinnitus can impair your cognitive function by affecting your ability to control your attention.

While there is no cure, and experiencing tinnitus can be frustrating, self-help techniques to manage the effect of tinnitus on a daily basis can make a positive difference to quality of life, giving you the chance to live well with tinnitus.

Testimonial



“The sessions have really helped to be more relaxed instead of getting more and more annoyed when I notice my tinnitus.”

Chris, Living Well with Tinnitus Client

Services & Fees

Living Well with Tinnitus options available:

Hypnotherapy Appointment £70

Living well with Tinnitus Programme £199

Individualised Living Well with Tinnitus Programme provides you with practical techniques to help ease your symptoms by changing your focus. The programme includes:

- Three personalised appointments using hypnotherapy and mindfulness techniques
- Tinnitus, its management information & self-help materials
- TwoMp3 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.

Living Well with Tinnitus for Groups

Please enquire for details.

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.***