

Eating Disorders

Help to break out of the habit



Hypnotherapy
& Mindfulness
Solutions



I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

Passionate about increasing your power to live life free from an eating disorder

I am a certified and registered clinical hypnotherapist and mindfulness instructor. I have undertaken further training to offer appropriate support to those affected with eating disorders.

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



About

Gain the healthy habits and thinking to break free

Living with an eating disorder is a journey, and like any journey, there are times new ways of getting to where you want to be can be explored.

Hypnotherapy together with mindfulness could be something you wish to explore to support you find new ways of building your confidence, self-esteem and living healthily with food.

Much confusion surrounds the issue of eating disorders, including anorexia and bulimia. The popular view is that it is mostly young girls who suffer from it. But older women and men may also struggle with it.

Hypnotherapy combined with mindfulness techniques can give you the resources to resist and overcome the old unhealthy habits, compulsions or temptations.



HABITS

CHANGES

Testimonial

“I am feeling much better than I did, and I am using my new techniques to help me with my triggers. Thank you.”

G, Eating Disorder Client

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.



Services & Fees

Breaking the Cycle options available:

Hypnotherapy Appointment £70

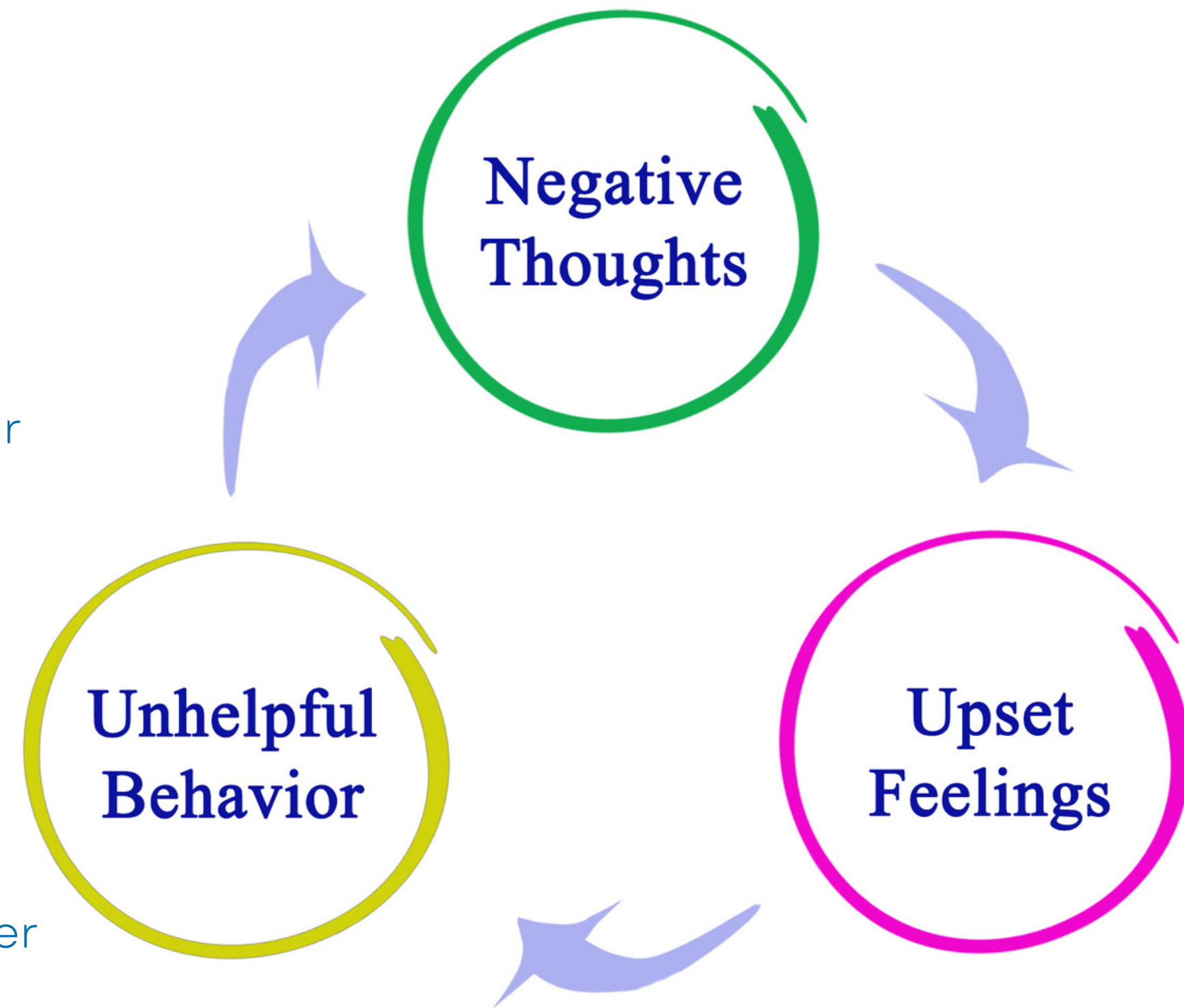
Breaking the Cycle Programme £199

Individualised Breaking the Cycle Programme providing you with practical techniques to support you to find your way to live healthily with food. The programme includes:

- Three personalised hypnotherapy appointments
- An eating disorder, 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.



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.***