

AG Hypnotherapy - Information Sheet

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Amanda Graham
Hypnotherapy

Thank you very much for your interest in my services.

My background

I am a qualified clinical hypnotherapist that can work with you to solve issues that are affecting your life. I have certification as a general hypnotherapist and I have taken specific courses in several areas. For example, I have helped many clients to stop smoking, lose weight, stop craving junk food, improve lifestyle, reduce stress/anxiety, deal with grief, increase confidence, improve sports performance, reduce phobias, e.g. fear of dogs/cats/spiders/flying/dentists and many more. I have experience of working with both adults and children. It really works!

How it works

I will have an initial confidential discussion with you regarding your needs and let you know how I can help. There is no cost for this and you are not obliged to commit. I am completely non-judgemental and will be completely up front as to whether I feel I can help your personal situation or not. If you decide to make an appointment, I will prepare a detailed script for you which will be tailored specifically to your needs and use this at your first session.

What will happen	What won't happen
<p>I will talk the process through with you before we start and answer any questions or concerns. Once you are ready, I will 'induce' you into a state of hypnosis before I start using therapy techniques and approaches. When you are in this trance-like state, you will respond more readily to situations.</p> <p>Hypnotherapy then helps you to find the root cause of a problem within your subconscious mind. You will have heightened focus and concentration.</p> <p>For most people, hypnosis feels very calm and relaxing. It gives you a chance to switch your brain off completely.</p>	<p>You will not be asleep or unconscious at any point during the session.</p> <p>I won't put you 'under a spell'.</p> <p>I won't make you do anything you don't want to do. You will be in complete control of your actions and behaviour and will remember almost everything that I say to you during the session.</p> <p>Please do not think of any past experiences you may have had with hypnotherapy for entertainment. It is completely different and in no way reflective of the work I do.</p>

My location

I live next to the picturesque River Swale and the views are stunning. I have a designated room for my sessions. It is very quiet and there will be no interruptions from the doorbell or phone. All you will hear is the background is my music and the sound of the river. I live on the first floor and there is no lift so please let me know if you have any access issues.

Directions to my house

Topcliffe Mill is on Catton Lane, just outside the village of Topcliffe. Sat Nav YO7 3RZ. At the crossroads with the Swan pub on your left, go straight ahead down the hill. It's a narrow road and looks a bit like a private road, but it isn't. The Mill is about a third of a mile down the lane on the left. Parking is available either on the street or in the car park opposite. When you arrive, press number 4 firmly until it rings and come in.

Bank details

Preferred payment method is BACS.

Account number: 53286193

Sort code: 20-98-98

Cost: Generally £65 per session (£130 for smoking cessation which is two consecutive sessions)

What I will need from you:

- Just bring an open mind and I will show you how hypnotherapy can help you be the person you want to be.
- Please be on time so I have plenty of time for you before my next session. I understand situations do occur so please let me know as soon as you can if you need to cancel or change your appointment as soon as possible.
- Please be prepared to switch off your phone and smart watch. Any notifications you get will interrupt the flow of the session and will almost certainly affect its success.
- First session payable up front please

Follow up sessions

Everyone is different. Hypnotherapy is a very personal experience and everyone responds differently and at varying paces. Some people will not need a follow up session, others will need more depending on their own individual situation. After your first session, I will give you an open and honest assessment of your needs depending on how you respond to treatment.

Recent testimonials

These can be found [on my website](#). Your own positive reviews and recommendations are always welcome! If you are kind enough to leave me [a review on Google, please do so here](#).

Social media

Follow me on [Facebook](#) and [Instagram](#) for regular updates.

I hope this information is useful. Please call, email or message me if you have any questions. I look forward to working with you if you choose to do so.

Amanda