

Meet your therapist:

Hi, I'm Sonia Wilkinson a graduate member of the British Psychological Society; a qualified Clinical Hypnotherapist and a Licensed NLP practitioner.

I have run my own business for the last 13 years. In addition, having previously worked within a number of industry sectors, I've gained a diverse range of knowledge and a rather eclectic mix of skills. As the mum of two children (now both at secondary school), with a background in psychology, I also set up and ran a small, award winning, educational toy retail and distribution business.

I'm confident in most areas of life, though I have to admit, I had a total mental block when it came to driving tests. On the day of the dreaded test, things always seemed to fall apart! A month after my 4th failed attempt (the night before test number 5), as a healthy sceptic with an "I'll give it a go" attitude, I experienced hypnotherapy for the very first time. The next day, I finally passed!

Amazed and convinced by the rapid results - I was sold. If hypnotherapy could help me to sort myself out in just one evening, what else could it do? A new passion ensued. I needed to know more and now that I do - I'm here to help you!

Sonia Wilkinson



Blow away your deadwood, for a lighter, brighter future.

Imagine for a moment that your mind is a tree, continually growing new branches, spreading out, expanding. Dead leaves blowing away as new growth appears. Sometimes, the branches are amazing; with gentle encouragement, they strengthen and flourish. Other times, branches might grow in the wrong direction and need a little pruning or regular cutting back. Occasionally, your tree might grow in a way that's detrimental to the integrity of its structure: perhaps a couple of branches are touching; rubbing against each other; creating wounds that are unable to heal and raising the potential for infection. Whatever state of growth your tree is in, it's important to maintain and enhance it in a caring and sympathetic manner, enlisting help where necessary. Let **Hypno Help 4 You** be your mind arborist, helping you to promote positive future growth.



For further information or to arrange your **FREE** telephone consultation, please contact:

Sonia Wilkinson

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Need some help with:

- Hypnotic Relaxation
- Insomnia
- Anxiety
- Panic Attacks
- Stress
- Habit Breaking
- Driving Test Stress
- Exam Nerves
- Smoking Cessation
- Performance Anxiety
- Post Traumatic Stress Disorder
- Confidence
- Hypno Birth Plans
- 11+ Nerves
- Obsessive Compulsive Disorders
- Phobias
- Weight Control
- Sports Performance
- Fertility
- Fears
- IBS
- Depression
- Pain Management
- or something else?

Then read on:

www.hypnohelp4you.co.uk

Looking for a fast, effective & empowering way to tackle your problem(s)?

Well, firstly, great news, you've picked up and are now reading this leaflet so clearly, you've already taken your first important steps along your new path of self-improvement. Congratulations!

So, what exactly is hypnosis?

The hypnotic state is a naturally occurring state which we are all able to slip into and out of on a daily basis. It's similar to the trance-like states we find ourselves in when we're totally engrossed in something to the exclusion of everything else. When your mind is so totally focused in one direction that everything else just fades into the background. Ever found yourself so rapt in a great book that you've not heard the doorbell ring or totally lost track of time because you were absorbed in a task? Well, hypnosis is a bit like that.

What will hypnosis feel like?

How you personally experience hypnosis will be unique to you and will depend upon your motivations, expectations and previous experiences, amongst other things. Generally, hypnosis is a deeply relaxed state, both physically and mentally, so quite enjoyable.

Can you get stuck in hypnosis?

NO - you're very safe. It really is like being in a daydream. If, for any reason you need to become fully alert during your session, you would do so automatically. At the end of your session, I'll ensure that you're totally re-orientated and feeling refreshed.

How will Clinical Hypnotherapy help?

When we meet for your first session, it's important that we set out clear objectives so that we each know what your aims are; what changes you would like to make with the help of Clinical Hypnotherapy and how best to facilitate these changes. Once your objectives are agreed, a hypnotic trance state will be induced. As you physically relax, the conscious, analytical part of your mind can relax and take a back seat too. This will allow the unconscious part of your mind to focus and take on board your pre-agreed suggestions at a deep, unconscious level, permitting you to make the changes that you desire.

Your unconscious mind continually strives to do what it believes to be in your best interest and unfortunately, sometimes it can misinterpret your current needs. It's so efficient that oftentimes, it runs on automatic pilot and gets "stuck" in maladaptive, unhelpful patterns that become increasingly difficult for you to deal with.

Within the safety of your hypnotic trance state, you have the perfect chance to explore the alternatives, to unlearn negative or unwanted behaviours, emotions, habits or fears etc. and to replace them with something more fulfilling and constructive.

The therapeutic part of your hypnotherapy session will help you to gain and retain control over the things that matter to you in a safe and secure environment.

I truly believe that you know yourself better than anybody else and that within you, you have all the resources you need to effect beneficial change. Time now to uncover them.

Who's in control?

We've all seen the stage shows so naturally, some people are apprehensive about being hypnotised. A common line of questioning is: "Will you make me cluck like a chicken?" Relax.. and rest assured, you will remain in control throughout your session. Hypnosis is more like being in a daydream than being asleep. You will be aware of what's going on around you - you will be able to hear what I say and you will remember everything that is useful for you to remember. You will never be made to do anything under hypnosis against your will, fundamental beliefs or wishes.

Remember that the reason you are doing this is to achieve something you have chosen for yourself. As your hypnotherapist, I will merely act as a facilitator between your conscious and your unconscious mind.

I am bound by a strict code of ethics so be reassured that any suggestions given, will be positive and directed to help you achieve your aim. It's a partnership - you will get as much out of your session as you want to. Your session will be unique to you and tailored to your specific requirements. However, success lies in the fact that you are an active and willing participant in the hypnotherapy process rather than a passive recipient. The desire and commitment to achieve your aim MUST stem from you.

Though I will draw upon a blend of therapeutic techniques using brief and strategic, solution based therapies to help you achieve your goals, you are in control.

Contact Hypno Help 4 You today and arrange your FREE telephone consultation.

www.hypnohelp4you.co.uk