

WANT TO FEEL BETTER? READY TO CHANGE?

Clinical hypnosis can help you change your mindset.

Changing your mindset can change your life trajectory.

For example:-

Transform unwanted habits.

Overcome your phobias.

Elevate to peak performance.

Calm exam anxiety.

Quieten your inner critic.

Find your own unique path to creativity.



From self-defeating habits to having more successful relationships, from performance anxiety to exploring existential angst, it is your motivation and your willingness to challenge yourself that are key to any changes you wish to make.

The safety of a strong therapeutic relationship is also essential to powering change.

I love what I do. With 30 years of experience working with individuals and groups in private practice and public sector, I currently provide regular coaching support to frontline medical staff and clinical supervision for psychotherapists, psychiatrist, and psychologists and I will draw upon evidence-based therapeutic approaches to support beneficial changes.

If you sincerely desire change, I can provide successful therapeutic experiences to support you to a better future.

Fees:-

In Person at DCSC

£130 per 60-minute session

Your first session includes a detailed assessment, lasts 75-90 minutes and is also £130.

Online (Yes. It works.)

£120 per 60-minute session

Your first session includes a detailed assessment, lasts 75-90 minutes and is also £120.

Dulwich College Sports Club members & DC staff receive 10% discount per session.

Email hypnotherapeutic@aol.com or call **+44 7932 860787** to arrange a free 15-minute initial consultation.

PROFESSIONAL MEMBERSHIPS

British Association of Counsellors and Psychotherapists (Registered Member)
Diplomate Member British Society of Clinical Hypnosis
Accredited Member National Hypnotherapy Society
Fellow of Chartered College of Teachers

QUALIFICATIONS

MA (Distinction) Counselling (University College London, Goldsmiths, 2013)
British Psychological Society Certified Clinical Supervisor (Academic and Clinical Proficiency)
National Professional Qualification for Headteachers (Department of Education, 2011)
Practitioner Diploma Clinical Hypnosis (Greenwich University, 2004)
Diploma in Clinical Hypnosis (Greenwich University, 2003)
Post Graduate Diploma Counselling (UCL Goldsmiths, 2002)
Post Graduate Certificate Psychodynamic Counselling (UCL Goldsmiths, 2000)
Solution Focused Brief Practice Certificate (Brief Therapy Practice, 1999)
Reality Therapy Certificate (William Glasser Institute, 1994)
Post Graduate Certificate of Education (UCL, Institute of Education, 1991)

Other training courses informing the quality of my practice:-

Hoffmann Process (2024)
Mastering Internal Family Systems for Clinical Challenges (PESI, 2022)
PTSD (Human Givens, 2021)
Trauma Healing – The Body Keeps the Score (Bessel Van der Kolk, 2020)
Havening (Master Class P McKenna, 2018)
Mindfulness for Therapists (Westminster Pastoral Foundation, 2017)
Adolescent Mentalization Based Integrative Therapy (Anna Freud Centre, 2016)
EMDR (LCCH, 2006)
Skills for Clinical Supervision (Professor P Grantham/SDS, 2003)

