

What Sort of Things Can I Help With?

Emotional Difficulties
Phobias and Fears
Personal Detox
Stress / Anxiety / Panic Attacks
Bereavement / Sudden Loss
Post Traumatic Stress Disorder
Exam Nerves
Weight Control
Anger Management
Eating Disorders
Depression
Pain Control
Assertiveness
Sexual Problems
Compulsive Behaviours (OCD)
Motivation - Relaxation
Dreams and Goals
Sleep Problems
Confidence Building
Energy and Healing
Irritable Bowel Syndrome
Smoking Cessation

and much much more....



Hypnobirthing®
of
The Mongan Method
Hypnosis

www.hypnobirthing.co.uk



British society
Clinical

Clinical Hypnotherapy

Pete Blayney

D.Hyp. (Dist), PDCHyp. MBSCH.



Tarka Clinics Ltd

Tarka Clinics Ltd is probably the largest osteopathic practice in North Devon, and has been in existence in some form for the past 26 years. It has five osteopaths and therapists using several allied healthcare modalities, including homoeopathy, sports therapy, Nutritional therapy, aromatherapy, massage, chiropody and a fully equipped rehabilitation Pilates studio. An experienced medical practitioner who is also one of the osteopaths supervises the medical aspects of the therapies.

The practice specialises in musculoskeletal problems, and the practitioners liaise extensively both with each other and with local medical practitioners, ensuring patient safety as well as comfort and effectiveness.

HYPNOTHERAPY

AT THE

TARKA CLINIC

Pete Blayney

D.Hyp. (Dist). PDCHyp. MBSCH.

Clinical Hypnotherapy
Member of the BSCH

Eye Movement Desensitisation
& Reprocessing (EMDR)

Auricular Acupuncture
Member of the EAR Acupuncture Register

Solution Focused Brief Therapy
Member of the UKASFP

Tarka Clinics Ltd.

Incorporated in England (No: 4742171).

Registered Office: 47 Boutport Street, Barnstaple, Devon EX31 1SQ.

Directors: Dr Peter Spencer, Mrs Gillian Spencer, Miss Eleanor-Rose Spencer & Mr Matt Spencer

Clinic: Paiges Lane, Barnstaple, Devon EX31 1EF
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What is Clinical Hypnotherapy?

Clinical Hypnotherapy is the use of hypnosis to treat a variety of medical and psychological problems.

When carried out by a trained Hypnotherapist treatment is natural and safe with no harmful side effects.

You do not lose consciousness or go to sleep; on the contrary you will experience a very relaxed state of heightened awareness.

Clinical Hypnosis is excellent in helping with the stress and anxieties of everyday life. It can also help with unwanted habits, fears and phobias, replacing them with positive and creative alternatives.

How many visits will I need?

There is usually a marked improvement after one visit and many conditions only take 1 to 5 sessions, some more deeply rooted issues may take a little longer.

Frequently asked questions.

What is Hypnosis?

Hypnosis is a naturally occurring state of relaxed concentration, similar to daydreaming or when focused on a book.

Will I be aware of what's happening?

Yes, you will be aware of what is happening; you will just feel very relaxed.

You will be able to hear what is being said and you will always be in control. Often you will be taught self-hypnosis so that you can use it at home to relax, or to work on your own positive solutions.

What is 'combined Treatment'?

As well as hypnotherapy I am also trained in Solution Focused Brief Therapy, Auricular Acupuncture and EMDR. Where appropriate I will offer a combination of these techniques to maximise effect and reduce the number of sessions required.

What will treatment cost?

Hypnotherapy

(Including combined treatment)
60 - 75 mins. £ 40

Hypnotherapy Smoking Cessation

(Including combined treatment)
90 - 120 mins. £125
One session + 1 months support

Group sessions and corporate work by arrangement.



HypnoBirthing®
The Mongan Method

**5 x 2.5hrs sessions
12.5hrs total**

**Group place per couple £250
One to One Course per couple £350**