

Free half hour consultation

You are welcome to call or email me for more information or book a **free half hour** consultation so that you can find out more about the work we would do together. Therapy should be an empowering and positive experience and it's important that you have all the knowledge you need to make an informed decision about Hypnotherapy and NLP. It is equally important that you are comfortable with my approach. If I do not think that Hypnotherapy/NLP is appropriate for you then I will suggest alternatives.

Fees

An initial Consultation lasting approx 90 minutes to discuss what you want to achieve. This will help to determine the method of approach as this is tailored to individual needs.

The length of treatment varies and is dependent on what you are wanting to achieve, this might range from about 3-4 sessions for minor issues to perhaps 6-10 or more sessions for someone who is wanting to make significant lifelong changes, such as reducing stress and anxiety, weight loss, smoking cessation, building confidence and self esteem.

<p>OPTION 1: 6 Week Programmes Some people like to block book sessions and so I offer a 6 week block booking option for issues such as:-</p> <ul style="list-style-type: none"> • Weight loss • Reducing stress/anxiety/depression • Fears and Phobias • IBS • Smoking Cessation etc <p>The actual cost for this is £400.00</p> <p>Payment options available include:- OPTION 1: Discounted price: £360.00 (Full payment in advance) At the end of six weeks, we review progress and then decide upon the pace and/or requirement of future sessions. Ongoing sessions – each sessions costs £55.00</p> <p>OPTION 2: OR alternatively they prefer to book their first initial 90 minute consultation at a cost of £100 and then book individual subsequent consultations at £60 (Session time approx 60 minutes)</p>	<p>OPTION 3: An initial One-off 90 minute Session costs £125.00 Session time approx 90 minutes</p> <p>If you are looking for a quick confidence boost, to empower you to tackle:-</p> <ul style="list-style-type: none"> • Public speaking • Driving Test • Overcome Exam anxiety • Self Hypnosis • Relaxation techniques <p>Ongoing sessions - each session costs £60.00 (Session time approx 60 minutes)</p>	<p>OPTION 4: Home visit* One-off 90 minute Session cost £125.00</p> <p>Ongoing sessions - each session costs £75.00 Session time approx 60 minutes</p> <p>*(within a 10 mile radius, 10 miles and beyond mileage paid at .45p per mile)</p>
--	---	---

FREE For anyone undertaking a six week programme I also offer a **free 15 minute follow-up coaching call service** in the first six months after concluding your sessions. This is at three and six month intervals to be booked in advance by mutual agreement. **To book your programme call me on 074287 10008 [June 2015]**