

## CONSULTATION ~ FEES

All consultations are strictly by appointment only and confidentiality is assured. Each person and each challenge is unique. Therefore, the number of consultations varies. Suggestion Therapy usually takes one session which includes a Free Hypnotherapy tape for reinforcement sessions. Analytical Hypnotherapy takes on average 8-12 sessions, which also includes a Free Hypnotherapy Audio Tape to reinforce the work at home.

### ? 80 per session for Analytical Therapy

Which takes approximately 8-12 \* 50 minute sessions

### ? 90 per session for Suggestion Therapy

Smoking, slimming, Nail-biting, Pre-test nerves, Confidence building, Sports Improvement, Stress, Public Speaking, Flying, Memory, Concentration, Exam Preparation & Study habits etc.

### Suggestion Therapy

(For Smoking, Slimming, Nail-Biting and Pre-test/exam nerves (see above))

Two to three are required which includes a free Hypnotherapy cd for solution-focused therapy on the symptoms you consult with. The personalised hypnotic tape will maximise the desire for change as you enjoy the most rapid and powerful results.

Note: There is no introductory talk necessary for suggestion therapy

### Analytical Therapy

(For all problems other than those mentioned above in the suggestion therapy box)

Requires separate weekly sessions of approx. 50 minutes. This is a totally private and individual therapy. The first session is concerned with finding out about your problem and assessing how best to treat it.

### Introductory Consultation @ No Fee

Should you wish to come and discuss your problem (except suggestion therapy) before embarking on Therapy, Please phone and mention "Introductory Consultation". There is no fee for this preview talk (usually 30 minutes approx)

### Disclaimer

Hypnotherapy is as individual as the therapist, and comments, successes and claims in this brochure should not be considered general to all therapists.

### Bookings Should be Made by Phone

Phone: 087 248 0413

Sessions last 50 minutes (approx). Smoking and Slimming

## HYPNOTHERAPY CAN SUCCESSFULLY TREAT

Smoking	Menstrual Tension	Ulcers	Claustrophobia
Slimming	Nervousness &	Pain Control	Sexual Problems
Drinking	Decision Making	Panic Attacks	Motivation
Nail Biting	Public Speaking	Shame	Relaxation
Some Skin Disorders	& Confidence	Stress	Self-Esteem
Allergies	Migraine	Stuttering	Study
Nervous Tension & Anxiety	Addictions	Tinnitus	Sport Motivation
Fears & Compulsions	Asthma	Travel Flight	Fear of Children
Concentration	Blood Pressure	Twitching	Survivors of abusive childhoods
Communications	Eating Disorders, phobias	Assertiveness, Emotional problems	child abuse and trauma
Creativity	Nightmares	Frustrations	and many other problems where emotional or psychological forces are involved
Enuresis	Insomnia	Guilt Feelings	
Shyness & Blushing	Fetishes	Exam Nerves	
	Depression	Goal Setting	
	Headaches	Independence	
	Inhibitions	Memory	
	Irritable Bowel		

### CONFIDENCE & SELF ESTEEM

Find out the cause of your poor confidence and self-esteem and create a new future for yourself

### PANIC & ANXIETY ATTACKS

Learn how you can control your response to the fight or flight complex that is in all of us

### DYNAMIC HYPNO HEALING

Tinnitus, Irritable Bowel Disease and psychomatic Ailments

### FEARS AND PHOBIAS

Get control of your life Guilt, shame, fear, resentment and anger. For possibly the first time in your life, replace those old limiting feelings to feelings of love, joy and excitement.

### BLUSHING

Don't let blushing control and destroy your life.

Phone now for details

087 248 0413

Dublin Hypnotherapy Clinic

Minors under 18 must be accompanied by an adult

"Actually, all effective therapy seems to involve hypnotherapy."

Dr. Burton

# Dublin Hypnotherapy Clinic

Private practice of  
**Patricia Hennessy**

A.D.C.H.P. M.I.C.H.P

Dublin Hypnotherapy Clinic

Hypnotherapist, Specialist in  
Hypno-analytical Psychotherapy

Current member of  
Institute of clinical hypnotherapy &  
Psychotherapy

Bookings by appointment only

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## PATRICIA HENNESSY

Patricia is a graduate of the institute of clinical Hypnotherapy and Psychotherapy in Cork City, Ireland. Patricia holds an Advanced Diploma In Clinical Hypnotherapy and Psychotherapy.

### THE THERAPY

There are two types of treatment in conscious Hypnosis

#### ¥ Suggestion Therapy

Which works well with the simpler problems; smoking, nail-biting, exam stress, weight problems, confidence and memory boost and requires two to three sessions.

#### ¥ Analytical Therapy

Briefly this finds the root cause of the problem or symptom and removes it, thus giving lasting release to the client. This doctrine is called "Cause and Effect". Analysis reveals the cause and consequently relieves the symptoms. The moment of liberating enlightenment may come anytime but usually around session six. One can be fairly confident the release will be obtained within eight to twelve sessions or even sooner.

*"The problem is inside the client but outside their control"*

### CASE HISTORY

"Few men during their lifetime come come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used".

Admiral Richard Byrd

### Married Woman 38 years

**Consulting for:** Anxiety and Worry

**History:** Had suffered from anxiety from a young age but recently felt it was becoming too much for her.

**Notes:** Originating causes found in childhood, found herself more relaxed with a new fascination for life.

### Single Man 27 years

**Consulting for:** Blushing

**History:** Enjoyed socializing, but now for the last five years feels his face became very red and flushed when encountering people.

**Notes:** Original cause found, which brought a release from a guilt complex, enabling a much more free lifestyle.

### Single Woman 30 years

**Consulting for:** Panic Attacks.

**History:** Had suffered from Panic Attacks from teenage years, they were accompanied with throat tightening and feelings of nausea.

**Notes:** Analysis uncovered the originating cause, from childhood

### Married Man 45 years

**Consulting for:** Lack of confidence and self-esteem.

**History:** Client also suffered from insomnia, nervousness and an inability to find enjoyment in life.

**Notes:** Cause and effect removed, approaches his life with new feeling of confidence and relaxation.

## QUESTIONS & ANSWERS

### What is Hypnosis?

A state of relaxation and concentration at one with a state of heightened awareness induced by suggestion. It is a non-addictive power for good and is a natural manifestation of the mind may work.

### Are there some people you cannot hypnotise?

No. (Except the mentally handicapped, although of course the degree varies from person to person)

### Shall I be aware of what is happening?

Yes. The predominant feeling of most people is "It didn't work for me" "I never went under".

### So I am not asleep then?

No. You are simply extremely relaxed. This is why the technique is called "Conscious Hypnosis".

### Is there any cause at all for concern?

None whatsoever. Hypnosis is a proven therapeutic aid.

### How many visits will I need?

Simpler problems like smoking, nail-biting, slimming, pre-test nerves etc. usually require 1-3 sessions and the success rate is surprisingly high. The more deep-rooted nervous disorders require "analytical" rather than "suggestion" therapy, which usually consists of 8-12 weekly sessions.

### Could I be influenced to do anything against my will or nature?

No. In fact you would be shocked out of the hypnotic state immediately any such action was suggested to you.

### Can "normal" people undergo Hypno-Psychotherapy and Psycho-Analysis?

Not only can they, but they should. For an insight into yourself, it has no equal.