

Analytical Hypnotherapy Can Successfully Treat

Smoking	Pain Control	Drinking
Panic attacks	Twitching	Insomnia
Nightmares	Fetishes	Creativity
Study	Inhibitions	Travel Fear
Enuresis	Self-Esteem	Impotence
Concentration	Temper Control	Sports Motivation
Slimming	Shame	Nail-biting
Stress	Allergies	Stuttering
Tinnitus	Phobias	Shyness & Blushing
Sexual Problems	Asthma	Sales Improvement
Public Speaking	Confidence	Procrastination
Memory	Motivation	Menstrual Tension
Relaxation	Migraines	Frustrations
Headaches	Depression	Blood Pressure
Nervousness	Decision Making	Irritable Bowel
Guilt Feelings	Dental Anxiety	Health Improvement
Exam Nerves	Goal Setting	Independence
Claustrophobia	Addictions	Fear of Childbirth
Eating Disorders	Fears & Compulsions	
Emotional Problems	Delayed Stress Syndrome	
Substance Abuse	Some Skin Disorders	

Or, any other problems of psychosomatic nature, i.e. caused by the mind.

As a Clinical Hypnotherapist

I am registered by the Irish Hypnotist Register and I abide by a strict code of ethics and conduct. At all times, clients are discharged from therapy at the earliest possible moment, consistent with good care

Strictest confidentiality assured.

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

If a client has any genuine cause for concern then they have immediate access to the Irish Hypnotist Register. You will be required to complete a complaints form, which is available on the IHR website. This form must be completed as truthfully and as accurately as possible. You will need to complete all fields, in order to provide the information required, to provide you with a thorough investigation of the matter. This form may also be requested in hard copy by contacting the IHR via phone, post or Email at the addresses made publicly available.

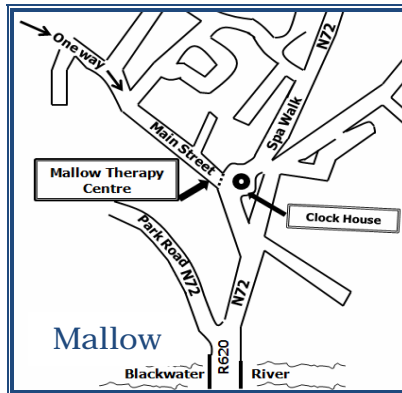
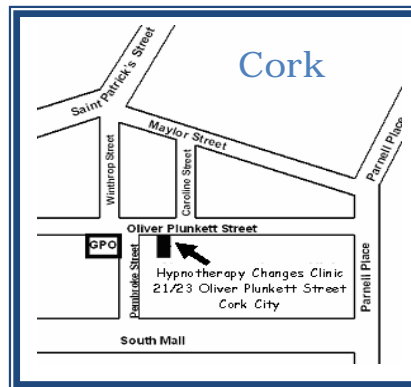
For your appointment

☎ Phone: **Bill Murphy**
087 9245073

Consultations are strictly by appointment
A minimum of 24hrs notice must be given of a cancellation or the full Session Fee may be payable.
An adult must accompany minors, under the age of 18

Consultation - Fees (see insert)

Where to find me:



Hypnotherapy Changes Clinic

Plunkett Chambers Business Centre
21/23 Oliver Plunkett Street
Cork City

Mallow Therapy Centre

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Davis Building,
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Mallow, Co. Cork.

BILL MURPHY

DCHP ADCHP TAHH SHH ICHP (Acc)
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Clinical Hypnotherapist
Hypno-Analyst
Specialist in;



Hypno-Psychotherapy
Member of Irish Hypnotist Register

For appointments
Phone **087 9245073**

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🌀 Hypnotherapy

Conscious hypnosis is used to treat many problems, habits or ailments and by accessing the sub-conscious; is a very effective therapy and can be applied using positive suggestion, visualisation, re-learning of past abilities and strengths.

The Therapy

There are two types of therapy

1. Suggestion Therapy
2. Analytical Therapy

1. Suggestion Therapy

Suggestion therapy works well with the simpler problems such as; Smoking, Nail-biting, Exam Stress, Weight Problems, Confidence and Memory Boost. Sports Improvement, Stress, Public Speaking, Fear of Flying.

It normally requires just one to four sessions.

2. Analytical Therapy

Briefly, this therapy finds the root cause of the problem or the symptom and removes it; the doctrine called "Cause and Effect". Analysis reveals the cause and consequently relieves the symptoms. You realise where your problem comes from, and with that realisation comes the cure from within yourself.

The moment of liberating enlightenment may come usually around session six. However, there are normally 8 - 12 sessions in this therapy and the release, with all probability, will occur during that time. The first consultation is concerned with identifying your symptoms and planning a course of treatment

Questions and Answers

1. What is Hypnosis?

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

2. What does it feel like?

You continue to hear all that is going on around you and are fully aware of your situation. Your mind and your awareness increases but in a very relaxed way.

3. Can I be hypnotised against my will?

To be hypnotised you have to be a willing participant in the process.

4. So, am I asleep then?

No, you are simply extremely relaxed. This is why it is called "Conscious Hypnosis".

5. Can children be hypnotised?

Children respond well in hypnosis consent is always required from the parent or guardian. An adult must accompany minors, under the age of 18.

6. Is there any cause at all for concern could I be stuck in hypnosis?

No, you will not be stuck in hypnosis the same way that you go to sleep at night and wake up in the morning. Hypnosis is a proven therapeutic aid.

7. How many visits will I need?

Simpler problems like smoking, nail-biting, slimming, pre-test nerves etc. usually require 1-4 sessions and the success rate is surprisingly high. The more deep-rooted nervous disorders require Analytical rather than Suggestion Therapy and take 8 - 12 weekly sessions.

Stop Smoking with Hypnosis

🌀 Hypnosis can help you to STOP.

Smoking is a habit and the subconscious mind controls habits. Through hypnosis the subconscious mind is accessed and that old unwanted habit removed.

🌀 Hypnosis makes it a lot easier to Quit Smoking.

Hypnosis helps take away the cravings; it removes the feeling of wanting a cigarette. Usually after one session of hypnosis, most will feel more confident and determined to achieve their goal of, Stopping Smoking.

🌀 Hypnosis Works

Therefore, you will not need nicotine gum, nicotine patches or Stop Smoking pills. There is no need for needles, inhalers or plastic cigarettes. All you need to do for hypnosis to work is to sit in a comfortable chair, close your eyes, listen and let it work.

What is smoking doing for you?

NOTHING!

Some of the Rewards for Stopping Smoking

You will feel healthier.
You will breathe better.
You will be financially better off.
Your sense of smell and taste will improve.
You will feel in control of your life.
You will be a role model for others.