

## What can hypnotherapy treat?

Hypnotherapy is widely used for all psychosomatic disorders i.e. those mental and emotional states which actually produce physical symptoms. This is not an exhaustive list, but is designed to give you an idea of the range of conditions that can be helped by hypnotherapy.

- Alcoholism
- Anxiety
- Arthritis
- Asthma
- Back Pain
- Blushing
- Compulsive and Obsessive Disorder
- Depression
- Eating Disorders
- Exam Nerves
- Fertility Treatments
- Gambling
- IBS
- Inhibitions
- Insomnia
- Migraine
- Motivation Problems
- Nail Biting
- Pain Control
- Panic Attacks
- Past Life Regression
- Phobias and Fears
- Post Traumatic Stress
- Public Speaking
- Self confidence
- Sexual Problems
- Shyness
- Smoking Cessation
- Sports/Work Performance
- Stage Fright
- Stammering
- Stress/Anxiety Management
- Weight Control

*"I was a smoker for over 20 years. I had no idea giving up could be so painless."*

**JC, Manchester**

*"My fear of flying prevented me from experiencing other countries. One session with Gary has changed my life. I flew to Paris the following week."*

**SD, Sheffield**

*"I had always struggled with weight loss, mainly due to a lack of will power. I now weigh 3 stone less thanks to Gary's amazing work."*

**LH, Sheffield**

## How much does it cost?

An estimate of the number of sessions required can be given from the initial consultation. However, you will notice a difference in your life from the first session. Sessions can be recorded to CD for you to 'top up' on the treatment at home and can help to reduce the number of sessions required.

One hour hypnotherapy session	£50.00
Smoking Cessation* - individual treatment	£150.00
Group Smoking Cessation (4+ people)	per person £100.00
Group Smoking Cessation (10+ people)	per person £75.00
Past Life Regression**	£75.00

Corporate contract prices and employee discount schemes also available on request.

\* Smoking cessation sessions last 90 minutes to two hours and include the guarantee of the future sessions at no cost if you do not stop smoking after the initial session

\*\* Past Life Regression lasts one to two hours

### The Therapist

Gary Oke trained at British Ethical School of Therapies. His training included Stress Management and Hypnotherapy, Advanced Hypnotherapy and NLP (Neuro-Linguistic Programming). Gary is a member of the British Institute of Hypnotherapy, appears on their register of therapists and is a registered NHS provider (#8GY28).

### For an appointment please contact

Manchester 0800 197 2775  
Sheffield 0114 236 0890  
Mobile 07736 413 174  
Website [www.okehypnotherapy.co.uk](http://www.okehypnotherapy.co.uk)  
Email [gary@okehypnotherapy.co.uk](mailto:gary@okehypnotherapy.co.uk)

# oke

hypnotherapy

*Life is what you make it,  
so why not make it better?*



Hypnotherapy can improve your life for the better on a daily basis including the way you feel about both yourself and the world around you.

Gary Oke

Dip HSM, Dip AH, BEST Mast Pract, DCMT, MBIH

## Why choose hypnotherapy?

Hypnotherapy has long been recognised to be a very powerful method for personal development. In fact, it is thought to have been in use for the last 6,000 years. Everyone experiences hypnosis regularly; hypnosis is simply a state of heightened relaxation awareness.

When you are relaxed in this way, it is possible to make contact with your subconscious mind in order to affect change in your life. The subconscious mind is an untapped resource for creativity and is the seat of all your emotions, therefore directing nearly all your behaviour. Most importantly, the subconscious is responsible for maintaining good health in the body and all autonomic processes e.g. breathing, blood circulation, tissue repair and controlling blood sugar level.

Hypnosis is a doorway to this inner world, the enchanted realms of your imagination and emotions. Using hypnosis, 'inner power' can be harnessed to promote desired changes and physical well-being.

## What does it feel like to be hypnotised?

Everybody experiences trance differently - it is a unique experience, but the client is always in control.

In general, hypnotic trance is a pleasant, relaxing and tranquil experience. While hypnotised, you will be aware of all physical sensations around you, perhaps even noticing sounds you wouldn't otherwise be aware of.

After a traumatic incident such as a car accident or violent robbery, a subject under hypnosis may be able to recall with extreme accuracy car numbers, details, etc. that their conscious mind has overlooked. When you are fully aware again, you may be able to recall everything that happened while you were in a trance, depending how deep your trance was.

At Oke Hypnotherapy, sessions are recorded to CD for you to top up on the therapy session in the comfort of your own home. This also gives you a permanent record of your session.

## How is hypnotherapy different to other therapies?

Hypnotherapy is a brief strategic therapy, one that is aimed specifically at finding resolution to your problem as quickly, safely and efficiently as possible. It is not a long, drawn out method, a skilled hypnotherapist will have the ability (during a case study) to ascertain whether you need to regress back to find the root of the problem, or whether it is more applicable to use future progression techniques to change tomorrow.

More often than not, the problem you are experiencing is only a surface effect of a deeper underlying mental/emotional cause. It is at these deeper levels of consciousness that we, as hypnotherapists, work to bring about change in the way you feel, think and behave. A skilled hypnotherapist will always work with your co-operation in the most caring and nurturing manner.

If left untreated, problems can sometimes create a ripple effect into other areas of your life and what many people find is that on completion of effective hypnotherapy, other problems seem to melt away.

