

STOP SMOKING

IN ONE VISIT

No drugs, needles, aversion techniques or substitutions.

Fantastic Success Rate after one session!

Our Guarantee: If at any time within 3 months you substitute or trade any substance or object for cigarettes, or gain excess weight, or become irritable, angry or grouchy, return back to smoking, then you can come back for a further session at no extra cost.

Stress Management:

You have the right to relax, to feel good, to be happy. You do not have to accept headaches, insomnia, backaches, indigestion, poor health and discomforts as a way of life.

These physical complaints may be the way your body reacts to stress.

The stress of modern life is real, but the way you respond to it is up to you. You can react to stress in a positive way and counteract the damage it may be doing to your well being.

Our stress management programme uses a variety of stress reduction techniques, hypnosis and psychological strengthening to produce a variety of positive effects.

Phobias, anxiety and panic attacks:

These usually respond very well to hypnosis, with at least 80% of people succeeding in eliminating or reducing the symptoms.

Brian Manship

BA Hons, Dip Hyp, Dip Coun, MNCH(Lic)

Clinical Hypnotist, Counsellor and Stress Management Consultant.

Brian was awarded his Diploma in Hypnotherapy after studying with Steve Burgess one of the countries most experienced therapists, at Lionheart Training in Hull.

Brian uses hypnosis to treat a variety of issues including: Smoking, weight loss, pain control, exam nerves and IBS. It can be used effectively for many more Issues.

In addition to Hypnosis Brian uses his skills in Counselling and Coaching to help people achieve their aims and aspirations.

As a member of the NCH I am bound by a strict code of ethics and practice which includes the requirement for Professional Indemnity Insurance.

The National Council for Hypnotherapy is one of the largest and most highly respected organisations for independent Hypnotherapy Practitioners.

Brian Manship Hypnotherapy

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Brian Manship Hypnotherapy

Hypnotherapist.

Stress Management
Consultant.

Counsellor.

**“Lives can be changed with
Hypnotherapy”**

Member of the National Council for
Hypnotherapy (Lic)

Member of the National Therapy
Register

CCC Registered Counsellor

**Brian Manship
Clinical Therapist**

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What is Hypnotherapy?

Hypnotherapy is the application of hypnotic techniques in such a way as to bring about therapeutic changes. During hypnosis the busy conscious mind is encouraged to take a back seat for a while, allowing communication with the inner mind and access to powerful inner resources.

Hypnotherapy is a state of deep relaxation during which your subconscious the controller of all automatic processes and reactions becomes more open to suggestion. Almost without exception, after hypnosis you will wake feeling relaxed, peaceful, content and confident.

Being in a state of hypnosis allows us to tune into our unconscious minds to revisit, recall and resolve past memories that are causing current blockages. Old patterns and habits can be changed for new, positive and helpful ways of thinking.

What problems can it help?

Thoughts and Ideas

People can suffer from thoughts of low self-esteem, or obsessive thoughts about someone or something. For example, they may not be able to get out of their minds the idea that they are suffering from an illness, despite medical reassurances, or that a partner is unfaithful. Hypnotherapy can help the client to change such ideas.

Phobias

A phobia is an irrational fear of something, such as a particular insect, animal, object or situation and Hypnotherapy is particularly renowned for its effectiveness in assisting sufferers to overcome this distress and inhibiting condition.

Feelings

Many people suffer from a wide variety of distressing feelings, such as panic attacks, anxiety, jealousy, guilt, anger or inadequacy. Whatever the problem feeling, Hypnotherapy can deal with it more specifically than can a drug – and without the harmful side effects.

Habits

Sometimes people find themselves in the grip of a habit that they feel unable to control. This might range from nail – biting or smoking to a deeper-seated compulsion. Hypnotherapy can help to remove such habits with precision and again, a total freedom from harmful side effects.

What can you expect to happen?

Firstly Hypnosis is NOT like being put into a deep sleep, you will be in a deeply relaxed, safe, natural state of deep relaxation during which you are fully aware of what is happening.

You will remain in full control; you can't be made to do things against your will.

Whilst in an hypnotic state you will be relaxed physically and mentally, allowing you to access your unconscious mind more efficiently. Whilst you are relaxed you will be given positive suggestions to help you to deal with any presenting issues.

You will work in partnership with the therapist throughout the session to release memories and attachments to bad habits.

Discussion of your problem

The first thing to happen will be a discussion of your problem; this will enable us to ascertain the type and length of therapy.

What benefits will you gain?

There is, of course a considerable variation in the difficulty of the various problems and there is no rule which makes it possible to say how much improvement can be achieved and in how much time.

However, Hypnosis can be extremely effective and many of the simpler problems can sometimes be overcome completely in one session.

Some problems will take more than one session, although more deep seated issues may take several sessions.

Here are a selection of the problems which can be helped with Hypnotherapy.

Executive stress	Guilt	Tinnitus
Smoking	Nail biting	Depression
Confidence	Phobias	Anxiety
Panic attacks	Bed wetting	Stress
Driving test	Exam nerves	Shyness
Grief	Traumas	Insomnia
Blood pressure	Allergies	Inferiority
Migraines	I.B.S	Alcohol
Stammering	Weight	Diabetes

The list is almost endless. Do not think that your problem is too silly or difficult to solve. I am a specialist in many aspects of Hypnotherapy, and my role is to advise you on the best thing for you and your problem. I can help you back on to the road to a happier, healthier and more satisfying life.

Why not Discover your Past Lives?

It is said that you only live once....or do you? Within each of us reside the events and memories of many former lifetimes.

Our stored knowledge of past lives contributes to and affects our present choices and decisions. Our present is inextricably bound to the past.

By recalling and exploring the dramas of past lives you can help to:

Stimulate increased self-knowledge

Reveal the karmic cause of physical illness

Control or eliminate pain, guilt and anxiety

Discover a greater meaning and purpose of life

You will require an open mind and the willingness to try!!

