

SELECTED CONDITIONS THAT HYPNOTHERAPY CAN BE USEFUL FOR

Hypnotherapy can be useful for the following conditions, among others, and is accompanied by a large body of medical research (references available on request).

- Irritable bowel syndrome and functional abdominal pain
- Flares of inflammatory bowel disease via stress reduction
- Academic Performance
- Improved memory
- Pain Management
- Helping the child to deal with painful medical procedures
- Fears and Phobias
- Bullying
- Stress Management
- Management of Chronic disease
- Enhancing Sporting Performance
- Overcoming Exam nerves
- Social Anxiety
- Gaining Self-Confidence
- Improving Motivation
- Sleep Problems
- Bed Wetting
- Giving up habits e.g. nail biting
- Pre / Post-surgical and Dental Procedures
- Assisting overcoming Needle Phobia
- Improve Public Speaking Performance