

Hypnotherapy for Stress Management

Using Hypnotherapy for Stress Management

The aims of this 'Intensive' are to enable participants to gain a thorough understanding of how hypnosis, other psychotherapeutic techniques and various other 'tools' can be utilised effectively to identify, address and deal with stress. The 2-days will include a balance of theoretical and practical sessions with useful case studies.

This 2-day 'Intensive' will be facilitated by Christine Blessing (Course Director - Northern College of Therapeutic Hypnosis Ltd) and Jackie Swift (Senior Lecturer - Northern College of Therapeutic Hypnosis Ltd, Specialist Hypnotherapist). Christine and Jackie are currently involved with developing and running courses in using hypnosis for stress management in both the business and voluntary/community sector.

Stress Management:

Approximately 1 in 3 of the population in Europe are affected by stress. Learn how to treat the disease not just the symptoms.

This 'intensive' will explore:

- Sources of stress – key 'stressors' and what to do about them
- Emotional and physical reactions to stress – the mind/body link
- The alleviation and management of stress – how to utilise therapeutic intervention effectively

Cost: £160 (2-days inc.vat) includes notes,tea/coffee & biscuits

Book your place now

Other Courses include:-

Using Hypnotherapy within the palliative care of cancer patients

Using Hypnotherapy for stress management

Using Hypnotherapy within the treatment of eating disorders

Using Hypnotherapy for smoking cessation

Using Hypnotherapy for pain management