

# MINDSCAPE THERAPIES



## Want help with:

- ✓ Stopping smoking, habits and addictions?
- ✓ Weight reduction and control?
- ✓ Emotional, mental health or relationship issues?
- ✓ Managing pain and chronic health conditions?
- ✓ Phobias, trauma or post traumatic stress disorder?
- ✓ Work, study and sports performance?
- ✓ Building confidence and self esteem?
- ✓ Relaxation, stress management or personal development?

## HELP IS HERE!

**FREE** INITIAL CONSULTATION AND ADVICE  
HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

## What can Mindscape Therapies offer?

Mindscape offers a **holistic service of hypnotherapy and other therapies**, to support your physical and emotional health and well being, as well as to help you achieve your personal goals.

## What does hypnotherapy involve?

**Hypnotherapy is effective for a vast range of issues. Its only side effect is relaxation!**

**Hypnosis is a very natural state of mind**, similar to the relaxed, dreamy, expansive state you experience as you drift off to sleep. If you've ever lost yourself in a good book or film, then you've been in a hypnotic state! **Hypnotherapists harness the power of this natural state to bring about positive change.** Hypnosis simply involves inducing a **pleasant, relaxed, yet highly focused state**, where the subconscious mind is active, and the client remains fully in control.

**Yet the changes that occur through hypnotherapy can be profound and dramatic!**

Because hypnotherapy directly accesses the **sub-conscious mind** – the part concerned with memories, feelings and automatic behaviours - it can effectively and rapidly bring about resolution. **Hypnotherapy enables us to uncover, understand and deal with any past events or current beliefs, behaviours or issues which may be holding you back or creating difficulties for you.** These are then replaced with more positive thoughts, suggestions and actions.

As hypnosis is natural, when you are guided into it by a professional hypnotherapist it is a safe and gentle experience, which most people find enjoyable and relaxing.

**You stay in control and cannot be made to do anything against your will!**

## What is EMDR?

**EMDR** (Eye Movement Desensitisation and Reprocessing) is also available at Mindscape. It is a specialist therapy, highly effective for tackling any issue which has

its roots in any form of trauma. **If significant life events or traumatic experiences contribute to your difficulties, EMDR could help.** EMDR enables us to process and come to terms with distressing events and feelings, as it stimulates both the emotional and the rational sides of the brain, while attending to feelings in a controlled way. Many conditions, particularly mental health and emotional issues, can be due to distressing or traumatic events which the brain hasn't processed effectively, so we are 'ambushed' by negative feelings or distressing symptoms, when faced with even subtle reminders of past events in everyday life.

EMDR is extremely useful for a wide range of conditions associated with distress and trauma. It can alleviate depression, anxiety, phobias, the effects of childhood abuse, eating disorders, substance misuse, chronic pain and ill health.

**EMDR is recommended for post traumatic stress disorder (PTSD) by the National Institute for Clinical Excellence.** It is as effective as cognitive behavioural therapy, but **more rapid.**

EMDR should only be used by specialist health professionals as part of a course of therapy. I ensure you have the resources to deal with re-experiencing any emotions before we begin EMDR, and always work within your comfort zone. EMDR is primarily a non verbal therapy, so is ideal for people who feel uncomfortable discussing their experiences in detail, or for people whose first language is not English.

**I am qualified to Advanced Level in EMDR and thus am able to use it effectively with a wide range of issues.**

## **NLP and Occupational Therapy**

NLP and occupational therapy are also used to support Mindscape clients.

**NLP** is based on thought and communication patterns, and can help us **communicate effectively, build confidence, challenge negative perceptions and develop positive thought processes.**

**Occupational Therapy** is a **holistic, client centred, state registered profession.**

OTs use therapeutic and everyday activity to support people in adapting to injury or illness, developing roles of their choice, and to enable people to access work and other meaningful occupation.

## **Why choose to work with Mindscape Therapies?**

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues,** specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

**I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.**

I work to NCH, APHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

**I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.**

Please contact me for a **FREE** initial consultation, information or advice.

**Competitive rates.**

**07810 510170**

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