

HABITS and ADDICTIONS



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**, which support physical and emotional health and well being, as well as to help you achieve your personal goals.

What sort of habits and addictions do you work with?

I work with a wide range of **habits and addictions**, from **alcohol and drug misuse**, to habits such as **nail biting** and **hair pulling**. I also assist people to **stop smoking** and to reduce or manage their **weight**. **'Simple' habits, such as nail biting, can often be treated in just one hypnotherapy session.**

I have experience of working with people with a history of substance misuse or addiction within the NHS, and have also completed specialist courses on substance misuse and stopping smoking. I am more than happy to work alongside other treatments you may be having to conquer your habit or addiction.

What does hypnotherapy involve?

Hypnotherapy simply induces a highly relaxed state, where the mind is much more receptive to positive suggestions and finding constructive and creative solutions to problems. **Hypnosis is a very natural state of mind**, not unlike that which occurs when you day dream, or lose yourself in a good book. Thus, **hypnotherapy is a safe, natural and effective form of therapy.**

How does hypnotherapy work for habits and addictions?

Hypnotherapy works with the subconscious mind, the part of the mind concerned with memories, feelings and habits. Negative thoughts and feelings and unhelpful habits can be rapidly replaced by more positive and adaptive thoughts, feelings and behaviours, when the subconscious mind is accessed.

You have probably come to the conclusion that your habit or addiction is doing more harm than good, and serves no real useful purpose. However, **this in itself isn't always enough to quit.**

By working with the subconscious mind, we can **replace unwanted habits with more insight, willpower and coping strategies.**

Often, **cravings, impulses and the desire to act on them are greatly reduced or eliminated** through hypnotherapy.

You may almost forget you had a habit, if you find it no longer crosses your mind!

Habits and addictions can often be a way of managing tension, or difficult feelings.

Through hypnotherapy, we can examine if this is true for you, and enable you to experience more positive feelings, such as calmness, better self esteem and a sense of achievement and happiness, without the use of substances (including unhealthy or excessive food) or relying on habits. You will learn how to bring about and utilise these positive feelings yourself, to enable you to deal with your habit and move on.

Can the other therapies you offer help too?

I often incorporate **NLP** and **occupational therapy** techniques into my work with people with habits or addictions. **EMDR** can be very effective too.

NLP is based on thought and communication patterns, and therefore can be used to challenge habits and negative thoughts which may perpetuate your habit.

Occupational therapy focuses on the natural desire people have to engage in activity. Where an addiction has disrupted your life, you may benefit from looking at your roles and routines, and how to change and develop them to support your health and move on.

Where there are traumatic issues underlying your habit or addiction, or underlying any associated problems, such as anxiety or depression, **EMDR** may be the treatment of choice. EMDR is a specialist trauma therapy, which is highly effective at treating traumatic issues. It works by enabling you to properly process distressing events and associated feelings, by stimulating both the emotional and rational sides of the brain. In doing so, **negative, self defeating thoughts and feelings** are replaced by more **positive thoughts and emotions**, and thus the impact of the trauma, and its emotional intensity, is reduced.

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.

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