

What can Mindscape Therapies offer?

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

How can Mindscape Therapies help with weight control?

We all know that reducing or managing our weight simply involves maintaining the right balance of calorie intake and activity. **But for many of us, it's just not that simple. Overeating is not the same as other habits – we have to eat to live, food forms the basis of many social occasions and rituals, and for most of us in this society, there's no shortage of food.**

There are many reasons why we eat, and often it's not through physical need or hunger.

We may eat when stressed or low, or to manage uncomfortable feelings. We may eat to reward ourselves, or to socialise. It may be down to bad habits – not cooking proper meals, not eating

healthily enough. We may eat just because it's enjoyable!

Mindscape will work with you to identify realistic goals for weight reduction, look at your eating patterns, identify reasons other than physical need or hunger why you may be eating, and plan how you can make changes to your eating and exercise patterns. **Hypnotherapy will be used to support you in making these changes**, as it is a powerful medium for positive change.

Hypnotherapy can help you achieve and sustain not only a healthy weight, but a positive body image and more self confidence too.

What are the advantages of using hypnotherapy?

Hypnotherapy can safely and effectively support you in replacing old habits with more healthy ones, to gain the healthy body and lifestyle you desire.

Hypnotherapy simply involves inducing a deep state of relaxation, where you remain responsive and in control at all times.

When in this relaxed state, the mind is more receptive to positive change and suggestion.

Hypnotherapy works with the subconscious mind, where memories, emotions and habits are stored. **This enables us to replace negative feelings and destructive habits with more positive and adaptive thoughts, feelings and behaviours.**

Hypnotherapy can also uncover, identify and change any subconscious reasons for excessive eating, enabling you to better understand your feelings and motivations, and thus to **alter behaviour which may have seemed unchangeable, frustrating or self defeating.**

I also install more appropriate coping strategies, with effective positive suggestions about choosing healthier foods, taking better care of yourself, increasing your motivation to exercise, and developing a positive image of yourself, with increased confidence and self esteem.

Hypnotherapy makes things that bit easier for you – it generally improves motivation to change your eating habits, to stick to a controlled exercise and eating plan, and can reduce cravings for unhealthy food, replacing it with

an increased motivation to consume healthier foods. I also use **NLP** to install more positive thought processes and choices, and **occupational therapy** can be useful for looking at your lifestyle and routines. Where traumatic issues contribute to any issues with food, **EMDR** can be very helpful.

You have access to all these therapies as part of your treatment and support with Mindscape.

How can Mindscape help people with other issues around food?

I have also worked successfully with people with eating disorders such as anorexia, bulimia and binge eating, and with strong aversions to certain (usually healthy!) foods. I continue to work in the NHS, and have a good understanding of the problems people with eating disorders face.

I can also work with you on associated issues, such as anxiety, depression or trauma, using hypnotherapy and EMDR as appropriate.

Why choose to work with Mindscape Therapies?

My name is 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, LAPHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am a dedicated, dynamic therapist, and am passionate about supporting people to achieve their goals and dreams.

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

Sessions from £45 per 50 minutes.

07810 510170

Kate Mortimer

(BA, BSc, MA, DipCAH, HPC reg, HPD, PNL, MNCH, MNGH, LAPHP, Advanced EMDR).

www.mindsapetherapies.co.uk

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WEIGHT REDUCTION AND MANAGEMENT

HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE

**HYPNOTHERAPY, EMDR, NLP
and OCCUPATIONAL THERAPY**