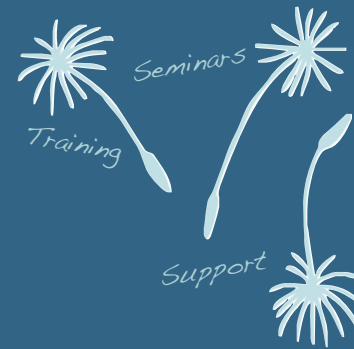


Hypnotherapy, Training, Seminars, Support...

BATHH is the oldest professional organisation for Hypnotherapists in the UK, established in 1951. All members of BATHH must have completed training that complies with the training standards set down by the Hypnotherapy Regulatory Forum when it created new quality controls in 2011.

Membership of BATHH also entitles membership of CNHC, the kite mark of quality for alternative medicine. BATHH is also a founder member of UKCHO, the UK Confederation of Hypnotherapy Organisations. It is a non-profit making organisation to maintain the professional standards within hypnotherapy.

www.bathh.co.uk



What is Hypnotherapy?

Hypnotherapy combines the use of Hypnosis with various therapeutic approaches to enable a person to affect change in their life. The hypnosis or trance element, is simply a state of deep relaxation, the feeling you have when you are first waking in the morning or drifting off to sleep at night, it is something we all experience, within hypnotherapy we are utilising this state of relaxation to enable change within the great powerhouse of the subconscious mind.

The subconscious mind holds our patterns, habits, behaviours and our fears, when we are deeply relaxed we can access it, it is believed that 90% of what we do each day is controlled by the subconscious, so it is important to be able to access it and re-train it, rather like altering a faulty programme on a computer.

The therapy can involve an analytical approach, CBT, Metaphors, direct and indirect suggestions, mindfulness, in fact a whole range of therapeutic approaches depending on the specialisms of the therapist and the needs of the client.

What may Hypnotherapy help?

Hypnotherapy may help with a whole range of problems including anxiety and stress, sleep problems, weight control, smoking cigarettes and other habits/patterns that are damaging for the client, confidence/performance issues, skin conditions, I.B.S and indeed the management of perceived pain in a range of situations. Talk to your therapist and they will discuss your situation with you and how hypnotherapy may help you.

What is NLP?

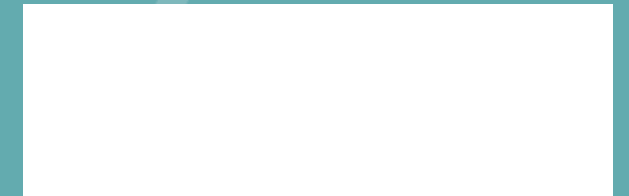
NLP focuses on 'what works' through careful observation of reality. It is a very practical approach which is based on constant testing and gathering tangible evidence about what is happening. NLP grew from modelling how successful people think and why they do the things they do. NLP teaches the positive behaviours that create desired results through simple and practical techniques.

Our members

Our members are all professional and qualified hypnotherapists trained according to our rigorous training standards. They abide by our Code of Conduct and are safe and competent to practice and are all fully insured. Find your local practitioner at:

www.bathh.co.uk

Your local BATHH therapist is:



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