**Hypnotherapy and Healing – Johneal Rouse**

**How does Hypnotherapy help create desired changes?**

Hypnotherapy works through the use of gentle relaxation and guided imagery that enables the mind to be more effectively directed; allowing new habits and beneficial ideas to be passed on to the sub-conscious mind. By working at this level of mind it is easier to change deeply ingrained habitual or conditioned patterns of thinking and behaving in a relatively short period of time as compared with many other approaches.

Visualisation and self-hypnosis is part of the mental training that top athletes and sportspersons use as a matter of course to give them the edge in their field, and this approach is as relevant to well-being, to recovering vitality, and to maintaining balance and good health as it is in competitive sport. Hypnotherapy goes beyond self-hypnosis and visualisation in also helping to unlock the mental and emotional blocks that individuals perceive as holding themselves back, so they can more easily move towards desired states of performance and well being.

**When might Hypnotherapy be helpful to your Patient?**

Hypnotherapy has been found to be very effective in enhancing healing processes, such as with:

* Stress related problems (acid reflux, ulcers, bruxism)
* Treating Anxiety/Depression
* Overcoming Sleep issues
* Psoriasis, Skin conditions
* Enhancing surgical procedures, including chemotherapy
* Weight Loss/Habit Change

**Select Client Feedback**

“My treatment is finished and all check-ups so far look good. And I am still not smoking after a year, thanks to you!”

“I have increased energy, fewer periods of anxiety and am less stressed. I feel I do not need to hold on to issues as I previously used to”

“Thank you for last Saturday. Leah’s level of anxiety about school has reduced remarkably and she is enjoying school.”

“I am sleeping a lot better after years of struggling with insomnia”

“I am happy again, more relaxed about life generally and able to deal with anything that life throws at me. I also achieved my initial goal, and am not smoking any longer.”

“Due to a serious health condition my sleep patterns were highly disrupted and I was in a state of constant fatigue. After listening to your CD, I am now getting between 6 to 7 hours of uninterrupted sleep every night”

More client feedback at:

[www.metachangetherapies.com](http://www.metachangetherapies.com)

**About me**

Johneal Rouse is a transpersonal hypnotherapist and master nlp practitioner. He practices from South London helping people connect with their inner guidance and intuition, and thereby help shift problems in the areas of health, energy, career, relationships, and habit change. He also specialises in helping people relieve problems around sleep, stress and anxiety.

Johneal is a member of the British Association of Therapeutic Hypnotherapists and nlp practitioners (BAThH). Members are accredited to the Complementary Natural Health Council (CNHC).

[www.metachangetherapies.com](http://www.metachangetherapies.com)

**Contact me**

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