

The Academy of Therapeutic & Transformational Hypnosis™ (ATTH) provide Practitioner Level Training and Personal Development Experiences. Alan Gray is Director of Studies. More information on the Scarborough Hypnotherapy website.



Hypnotherapy is natural

Some people might regard hypnosis as mystical, magic, or even a deception. Public myths in the media are widespread!

Fortunately this is rapidly changing. People are becoming more informed that...

Hypnosis is a TOTALLY NATURAL daydreaming phenomenon, a trance state has been used since biblical times. And hypnotherapy has developed as a natural solution to many health & personal issues.

In fact, for most people daydreaming is their most frequently accessed state of mind. How often do YOU daydream?

In daydreams we connect with our emotional inner-self: fears, worries, memories, beliefs, attitudes, instincts, intuition, creativity & future plans – without conscious effort.

In hypnotherapy it is the subconscious 'inner-self' which is gently accessed and beneficially 'reprogrammed'. We ALL need 'reprogramming' from time-to-time – just like computer software...

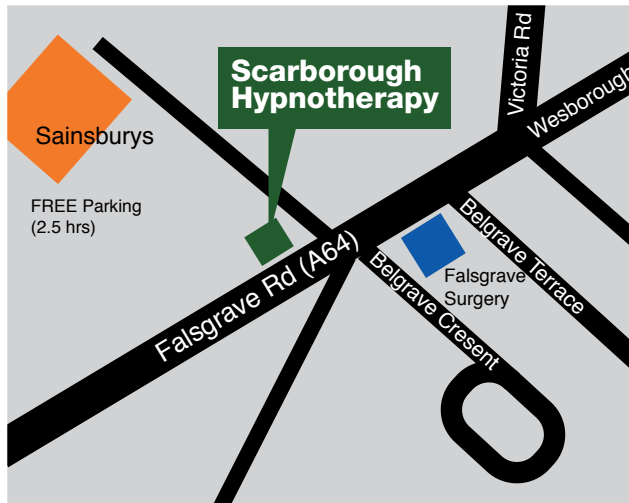
As we become what we eat, so we become what we think.

Have you ever hear someone say 'I'm worried sick' or 'I'm excited about my holiday'. Quite different thoughts. Very different effects!

Yes, what we 'think' subconsciously really does make a HUGH difference to how we feel...

Which is where hypnotherapy has a major role...

Helping YOU move forward in YOUR life...



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A FREE 30 minutes informal consultation
is available to discuss your needs.

By appointment only

Wheel chair access



**If You're Ready for Change
We'll Help You Move Forward**

We ALL have Amazing Potential!

**A small change in thinking
can make a HUGE difference**



**Change needn't be difficult either with
a Friendly & Professional Helping Hand**

**North Yorkshire's leading specialist
in life-changing modalities
Natural Solutions for Health and Success**

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How We Help

Not everyone appreciates that hypnotherapy is an evidence-based therapy with over 70,000 research papers worldwide. Hypnosis is a natural state of mind which can reinforce a person's desire for change.

Sometimes clients seek out hypnotherapy almost as a last resort, having previously tried everything else! This can be due to a pre-conditioned fear of hypnosis, arising from media & public misinformation. Rest assured there is ABSOLUTELY nothing to fear.

In a relaxing hypnotherapy session there is no loss of control, no zombie-like state and you don't go to sleep. Intelligent people do well.

You experience a natural state of mind, very similar to a daydream. And in being self-absorbed you're thoughts become more focused.

After their first session many clients say they have never felt so relaxed.

Is hypnotherapy a 'quick-fix'? It can be sometimes. More usually it will take a few sessions, depending on the cause of the issue. The client's motivation will also be a factor.

Just consider: what the mind can conceive, the mind (& body) can believe. Change becomes achievable with a positively programmed mind-set.

And anyone of normal intelligence can experience hypnosis. You simply need to let it happen.

Needless to say, the only 'side-effects' are good ones!

"The hypnotherapy I received made me stronger as a person, I thank Alan for giving me my life back." Steve

"My phobia has disappeared and I can now live without the limitations it has caused me. I would highly recommend Alan to anyone". Jade-Taylor



Hypnotherapy can help with a wide range of stress, habits and emotional issues, including:

- Anxiety
- Anxiety attacks
- Assertiveness
- Bad habits
- Bereavement
- Binge eating
- Binge drinking
- Blushing
- Bulimia
- Claustrophobia
- Compulsive eating
- Compulsive skin picking
- Confidence
- Dental phobia
- Depression
- Difficulty sleeping
- Driving test nerves
- Eating disorders
- Emetophobia
- Emotional problems
- Exam nerves
- Fears and phobias
- Fear of flying
- Habit stopping
- Hair pulling
- Insomnia
- Interview nerves
- Irritable Bowel Syndrome
- Low self-esteem
- Nail biting
- Needle phobia
- Obsessive Compulsive Disorder
- Pain control
- Panic attacks
- Performance anxiety-related
- Public speaking
- Relationship difficulties
- Self-consciousness
- Shyness
- Skin picking
- Sleep disorder
- Social anxiety
- Stress
- Stop smoking
- Stage fright
- Stammering
- Teeth grinding
- Tinnitus
- Weight gain
- Weight loss

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www.scarborough-hypnotherapy.co.uk

Alan Gray will help you successfully adjust to the stress and challenges of life.



Establishing Scarborough Hypnotherapy in 2006, Alan is the most qualified and experienced Advanced Therapeutic Hypnotherapist, Hypnoanalyst and Master Practitioner in Neuro-linguistic Programming (NLP) in Scarborough and in North Yorkshire.

His early interest in hypnosis came from an Uncle Steve. He was a stage hypnotist who toured the country with his many shows. When Alan was a small boy his uncle gave amazing demonstrations to the family. He was hooked!

Fast forward a generation and in his practice Alan has helped very many clients with a wide range of issues: stress & anxiety, weight loss, irritable bowel syndrome, sexual issues, obsessions & compulsions, phobias & addictions: such as smoking, gambling & alcohol abuse and more. He has wide experience in successfully resolving these now everyday dis-eases.

"Alan is fantastic! He's helped me stop smoking and drinking - would gladly recommend him to anyone wanting to improve their health or well-being!" Ross

Alan is friendly, approachable, easy to talk to and will quickly put you at ease. He has a vast amount of professional experience in supporting his clients to make beneficial changes in their lives. Alan is passionate about helping them achieve their goals in life.

All consultations are completely confidential, held in private and comfortable consulting rooms. Alan is always empathic, understanding and non-judgemental with his clients. His life experiences and advanced qualifications have given him considerable insight into many anxiety-related and compulsive conditions now more commonplace in society.

You can see Alan's full profile and other aspects of how Scarborough Hypnotherapy is able to assist you in making important changes in your life by viewing the website.