

Phobias

When a fear becomes a Phobia it can be extremely debilitating and can often limit us and what we do in life. Common fears include, spiders, needles, vomiting and dentists but a phobia can develop around almost any object or situation.

Solution Focused Hypnotherapy can help, through a collaborative process between therapist and client to address and reduce the underlying anxiety and diminish the emotional trauma associated with the fear, whilst programming the sub-conscious with new, more helpful behavioural patterns in response to it.