

# WIRRAL LIFE TALK TO CAROLINE OF HYPNOS SOLUTIONS

## ABOUT STOPPING SMOKING FOREVER AND WEIGHTLOSS WITHOUT DIETS

Caroline Hopkins is a Clinical Hypnotherapist with therapy rooms in Heswall and Willaston. She has a long list of clients who have overcome a range of anxiety-related problems, depression, phobias, low self-esteem and unwanted habits like a fear so it is no longer a problem. Anxiety-related issues-from smoking or emotional eating. She qualified as an NLP therapist in 1996 and decided to become a hypnotherapist when a friend gave up smoking age 46 after just one hypnotherapy session, after many failed attempts using other methods.

"I was very impressed when my friend Phil suddenly stopped smoking and I decided to find out more. At the time, I was getting panicky when flying, which came out of nowhere as I had been happily flying for years. Nothing seemed to help me. But then I visited a hypnotherapist to overcome my fear and it was amazing: the next time I had to fly the fear had gone. It was a powerful experience and I knew this was what I wanted to train to do.

"What I have experienced from working with my clients over the years, is that what keeps people feeling stuck, is usually something that they already have the resources to manage. They just need a mental nudge so they can then move on and get on with their life. Hypnotherapy really helps people to take back control."

#### What is Hypnotherapy?

Hypnotherapy is a state of deep relaxation, which lets you to access your conscious and subconsciousmind to make positive changes. It is not something that is done to you, it is a collaborative relationship between you and the hypnotherapist which helps you to enter a state of deep relaxation, guided and supported by the hypnotherapist. You are fully aware the whole time, but in avery relaxed state. This means the brain is able to make deeper decisions and you can work on things that are bothering you and create better habits, overcome fears and generally feel calmer about things.

I practice 'Solution Focused' Hypnotherapy which combines hypnosis with the focus is on what my clients want to be happening, rather than dwelling on the problems or issues that are stopping them enjoying life.

### What can you help with?

I can treat a wide range of stress related conditions, including anxiety, phobias, depression, low self-confidence, sleep disruption, anger management, addictions and unwanted habits and behaviours like smoking and emotional eating.

#### How long does it take?

A 'stop smoking' session takes just one session, to stop the smoking habit forever. Phobia cures take four sessions to rewind and reframe 'low self-esteem' or 'panic attacks' to a range of conditions that are worsened by stress-can take a little longer, but most clients find they are feeling much better, physically and mentally, within a few

# How do you help overcome a phobia?

There are two kinds of phobia: simple phobias, which I can help clients overcome in four sessions within 2-3 weeks, and what we call 'complex' phobias which are often linked to other stresses and can take a little longer, say 2-3 months. Most clients I have worked with have simple phobias, spiders, wasps, fear of flying, fear of heights – that kind of thing, which we can overcome very quickly.

## How effective is the 'Stopping Smoking' session?

It is one of my favourite sessions as we get great results. One client, who had been a life-long smoker from the age of 13, came to me feeling fairly sceptical, as he had tried and failed many times to stop. I love helping clients like this as they become big fans when it genuinely works.

#### How does hypnotherapy work for weight loss?

In my experience, diets don't work. The body has a natural defence against sudden changes in our eating (like calorie restriction or dieting) which forces the body to respond as if you were threatened by famine or food shortages: eventually you will not be able to overcome the natural desire to eat more using just willpower alone - and sometimes you will put on more weight than before you started dieting. This then leads to vo-vo dieting which can be really demoralising. Using hypnotherapy, I can support clients in managing their weight loss by using their subconscious mind to work with their natural eating patterns, helping to change unwanted habits without feeling stressed or overwhelmed. We work with the brain's natural regulation system to get back in control of cravings and manage eating habits without causing the mind to feel under threat. It isn't a 'quick fix' and I work with clients over several months to get their weight set-point naturally lower, so they keep weight off for good, rather than yo-yo dieting that can cause people's weight to pile back on as soon as a diet stops.

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# **Solution Focused Hypnotherapy** for whatever you want to change

I can help you with a wide range of unwanted behaviours:

- PHOBIAS (FLYING, HEIGHTS, SPIDERS, WASPS) ADDICTIONS
- ANXIETY WEIGHT LOSS STOP SMOKING LACK OF SLEEP
  - ANGER MANAGEMENT DEPRESSION PANIC ATTACKS

A Solution Focused Hypnotherapy session is about far more than just hypnosis. The process starts by understanding how your brain is working to keep you safe and well, and how you can rewire the brain to make desirable and lasting changes. In essence, it allows you to gain more control over your thoughts, actions and feelings and make positive changes in a relatively short period of time. Working together, you will feel your confidence build as you start to take back control of your life, as you would like it to be.

# **BOOK YOUR INITIAL CONSULTATION TODAY**

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