

## To name just a few problems, Hypnotherapy can successfully treat:

SMOKING, DRINKING, SLIMMING, NAIL-BITING, SKIN DISORDERS, ALLERGIES, NERVOUS TENSION, ANXIETY, PHOBIAS, FEARS & COMPULSIONS, INSOMNIA, SEXUAL PROBLEMS, MIGRAINES, SHYNESS & BLUSHING, NERVOUSNESS, PUBLIC SPEAKING & CONFIDENCE, SINUSITIS, ADDICTIONS & SUBSTANCE ABUSE, ASTHMA, BLOOD PRESSURE, CLAUSTROPHOBIA, EATING DISORDERS, EMOTIONAL PROBLEMS, GUILT, SHAME, HEADACHES, IRRITABLE BOWEL, MENSTRUAL TENSION, PAIN CONTROL, ULCERS, PANIC ATTACKS, STUTTERING, TINNITUS, TRAVEL FRIGHT, TWITCHING, ASSERTIVENESS, CONCENTRATION, STRESS, COMMUNICATION, CREATIVITY, EXAM NERVES, MEMORY, RELAXATION, SELF-ESTEEM, STUDY, SPORTS MOTIVATION, FEAR OF CHILDBIRTH, SALES IMPROVEMENT, DENTAL ANXIETY, PROCRASTINATION, HEALTH IMPROVEMENT, FEAR OF FLYING, FEAR OF SPIDERS, INSECTS & SNAKES, IMPOTENCE, TEMPER CONTROL, DEPRESSION, GRIEF.

## Free introductory Consultation

A free 30 minute initial consultation is offered. This allows you to meet your therapist and discuss your particular problems in relation to the therapies available, decide whether the therapist is the right person to help you, and identify the most suitable form of approach to treatment. Or you might feel that you would like to find out more about the therapy and the procedures involved, before deciding to go ahead with the therapy.

## Free introductory CD

A selection of high quality audio products are available for download from our website [www.manxhypnosis.com](http://www.manxhypnosis.com) and a free introductory CD is provided at our first meeting. The CD is designed to give you a feel for hypnosis and prepare you to get the most from your hypnotherapy sessions here at the clinic. Regularly listening to the CD teaches you how to relax the conscious mind so that you can easily access the subconscious in session. It is recommended that you listen to the CD daily for at least one week before commencing therapy.

## Consultation – Fees

### Suggestion Therapy Fee:

£ \_\_\_\_\_ per 50 minutes session

Usually 3 sessions required for most conditions.

### Stop Smoking Therapy :

£ \_\_\_\_\_ per 50 minutes session

2 sessions are required but 3 are recommended.

### Analytical Hypnotherapy Fee:

£ \_\_\_\_\_ per 50 minutes session

Usually 8 ~ 12 weekly sessions required.

Fees are payable at each consultation by either cheque or cash.

The number of sessions required varies, depending upon the nature of the problem. Sessions are normally one week apart .

**A minimum of 24 hours notice must be given of cancellation of a session.**

*A strict code of ethics enforced by the ICHP will govern the conduct of your session*



# Setanta Hypnotherapy Clinic

**Private Practice of**

**Xavier Nathan**

BA, H.Dip.Ed, Adv.DHP, MICHP

**Mary Nathan**

BA, Adv.DHP, MICHP

Members of (ICHP) The Institute of Clinical Hypnotherapy and Psychotherapy and National Hypnotherapy & Psychotherapy Register (NHPR) in Ireland.

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**Please note:**

**Bookings by appointment only.  
Confidentiality is assured.**

Minors under 18 must be accompanied by an adult

## ***The Institute of Clinical Hypnotherapy & Psychotherapy (ICHP)***

### *Who are we?*

The Institute of Clinical Hypnotherapy & Psychotherapy (ICHP) was established in 1979. Over the past two and a half decades it has dedicated itself to the research and development of hypnotherapy. All of our members have obtained Diplomas and Advanced Practical Diplomas in the field of Clinical Hypnotherapy & Psychotherapy. Both Xavier and Mary are fully qualified members of ICHP so you can trust that you are in the hands of professionals.

**Website:** <http://www.hypnosisaire.com>

## ***Hypnotherapy***

### *What is Hypnosis?*

Hypnosis is an altered state of awareness characterised by a feeling of calmness. In other words a deep state of relaxation.

### *How does Hypnosis work?*

There are different states of awareness. The mind works on two distinctly different levels: the conscious level and the subconscious level. The conscious mind is the waking reasoning mind where as the subconscious mind is much larger and controls tasks such as breathing, walking, driving and habits.

By using hypnosis as a tool the therapist teaches the client how to relax the conscious mind to such an extent that it will not interpret, interfere, filter or influence any work being done directly with the subconscious mind.

### *Is Hypnosis really safe?*

Yes, hypnosis is a proven therapeutic aid. Hypnosis is not sleep. Hypnosis is a guided relaxing state of heightened awareness which means you are fully aware at all times.

### *Can I get “stuck” in Hypnosis?*

No. You will return to full awareness just as spontaneously as when you go to sleep at night and wake up in the morning.

### *Shall I be aware of what’s happening?*

Yes, you are in full control at all times. All hypnosis is self hypnosis so at no time is control ever handed over to the therapist. The predominant feeling of most people is “It didn’t work for me – I never went under.”

### *Will I know if I’m Hypnotised?*

There is no real feeling that you can call a “hypnotised feeling”. Many people cannot tell the difference between the waking state and the hypnotic state. Some people say “I didn’t feel anything”, but the positive results speak for themselves.

### *Are there people who cannot be hypnotised?*

No. (Except the mentally handicapped, and those who choose not to be hypnotised.) Entering the state of hypnosis is something you choose to do and as nobody can force you to fall asleep nobody can force you to fall into hypnosis.

### *Could I be influenced to do anything against my will or nature?*

No. In fact, you would spontaneously come out of the hypnotic state the instant any such action was suggested to you.

### *Do I continue taking my prescribed medication?*

Yes, you must continue taking your prescribed medication unless otherwise advised by your G.P. Your primary carer is your G.P. so it is recommended that you always keep your G.P. fully informed.



### *Can anyone undergo Hypno-Psychotherapy and Psycho-Analysis?*

Of course! For an insight into yourself, it has no equal!

### *How many appointments will I need?*

Suggestion Therapy usually requires 3 sessions for most conditions. The more deep-rooted nervous disorders require “Analytical” rather than “Suggestion” Therapy which usually consists of 8-12 weekly sessions.

## ***The Therapies***

### ***Suggestion Therapy***

This form of therapy works well with problems like smoking, nail-biting, pre-test/exam nerves, phobias, confidence, memory boosting, and sports motivation and involves the elimination of symptoms through relearning at the subconscious level.

### ***Analytical Therapy***

This form of therapy aims at revealing and addressing the root cause underlying the problem or symptom. Addressing the root cause of a problem involves unearthing feelings repressed as a result of trauma suffered earlier in life. Releasing the repressed emotion is the key to lasting relief. The release is usually obtained within eight to twelve sessions if not sooner.

*Analytical Hypnotherapy* coupled with *Suggestion Therapy* can be used to help with many physical and psychological issues, like [anxiety](#), [panic attacks](#), [insomnia](#) and [depression](#), [phobias](#), [social anxiety](#), [nail biting](#), [eating disorders](#), [smoking](#), [irritable bowel](#), [nerve rashes](#), [blushing](#) and much more.

**S e t a n t a   H y p n o t h e r a p y   C l i n i c**

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