

Hypnotherapy can assist with the following symptom, problems and dilemmas

Addiction

Addictive Personality
Alcohol
Alcohol Cessation
Alcohol Moderation
Binge Drinking
Caffeine Addiction
Cannabis
Chewing Tobacco
Chocolate Addiction
Cocaine Addiction
Coming off Anti-Depressants
Compulsive Spending
Cutting Down on Smoking
Drugs - Freedom from
Gambling
Gambling - The Fool
Games Control Obsession
Heroin Addiction
Methadone Addiction
Nicotine Craving
Nicotine Gum
Pipe Smoking
Pornography Addiction
Psychic Phone Line Addiction
Salt Addiction
Smoking Addiction
Social Smoking
Soft Drinks
Stop Shoplifting

Sugar Addiction
Tranquilizer Addiction
TV Addiction

Anger Hypnosis

Anger Management
Forgiveness
Frustration
Road Rage
Stopping Swearing
Stop Self Harming

Business Skills and Finance

Affluence
Attracting Abundance
Beach Worker
Career Change Confidence
Creating Wealth
Dealing with Employees
Enjoy your Job
Executive Skills
Facing Bankruptcy
Financial Worries (Coping with)
How to Build a Successful Hypnotherapy
Practice
Natural Negotiation

Prosperity
Sensible Spending
Stepping Back from your Business
Successful Interviews
Time Management
Wide Awake Business Meetings

Childbirth & Fertility

Baby Bonding
Breastfeeding Adopted Baby
Caesarean Preparation
Childbirth, Natural
Childbirthing Cycle
Coping After An Abortion
Crying Baby
Drug-free Childbirth
Failed IVF Treatment
Fear of Childbirth
Healthy Eating during Pregnancy
Healthy Pregnancy
Infertility
IVF
Miscarriages
Morning Sickness
Over Protective Mothers
Post Natal Depression
Pre-IVF
Premature Baby Care
Smoke Free Pregnancy

Children's Issues

Accepting a Parent's New Relationship
Attention Deficit Hyperactivity Disorder
Balloon Room (OCD)
Bedwetting
Child ADHD
Child IBS
Childhood Defiance
Childhood Infections
Child Meditation
Child Obesity
Children - Hypno-Relaxation
Children's Health
Concentration for Children
Confidence for Children
Coping with Divorce
Court Case Confidence
Encopresis (Soiling)
Encopresis - Younger Children (4-6 yr)
Enuresis
Fear of Being Alone
Fear of Bowel Movements
Fear of Dentists for Children
Fear of Mascots
Fear of Needles for Children
Fear of Swimming for Children
Fear of Tornados for Children
Fear of Vomiting for Children
Fitting in with your Peers
Football - Visualization (for children)
Honesty for Children
Hypno-Relaxation for Children
Increased Appetite
Juvenile Diabetes Management
Perfect Parenting
Problem Solving

Opposition Defiance Disorder
Safe Sleeping
School Phobia
Selective Mutism
Separation Anxiety for Young Children (4-6 yr)
Sick Sibling Jealousy
Teenage Time Management
Thumb Sucking

Confidence

Blushing
Blushing in Groups
Bullying
Circle of Confidence
Confidence & Positivity
Confidence - Conference Table
Confidence for Dating
Confidence at Work
Confidence for New Dads
Dial up Confidence
Ego Strengthening
Increased Self Esteem
Making Decisions
Powerful Public Speaking
Regaining Confidence with Horses
Self Belief
Self Consciousness
Social Confidence
Stuttering
Timidity

Coping with Loss

Finding Lost Objects
Losing a Pet
Separation Anxiety

Exams

Driving Test
Driving Theory Test Nerves
Exam Nerves
Exam Success
Practical Exams
Stress Free Studying
Test Anxiety

Fears and Phobias

Agoraphobia
Claustrophobia
Disposophobia
Fearless Flying
Fear of Air Turbulence
Fear of Anaesthesia
Fear of Authority
Fear of Balloons
Fear of Bees or Wasps
Fear of Being Alone
Fear of Birds
Fear of Blood
Fear of Bodily Functions
Fear of Bodily Hair
Fear of Buttons
Fear of Cats
Fear of Choking
Fear of Commitment
Fear of Conflict
Fear of Contracting HIV
Fear of Criticism
Fear of Crowds
Fear of the Dark
Fear of the Dark for Children
Fear of Death

Fear of Dental Treatment
Fear of Doctor's & Dentists (White Coat Syndrome)
Fear of Dogs
Fear of Driving
Fear of Dwarfs
Fear of Eating in Public
Fear of Escalators
Fear of Failure
Fear of Fainting
Fear of Falling over whilst Walking (Balance)
Fear of Fear
Fear of Flying
Fear of Flying
Fear of Furry Animals
Fear of Germs
Fear of Going Places
Fear of Going Out
Fear of Heights (or Bridges)
Fear of Hospitals
Fear of Injections
Fear of Insects
Fear of Inserting Contact Lenses
Fear of Inserting Eye Drops
Fear of Internal Examinations
Fear of Intimacy
Fear of Lifts/Elevators
Fear of Lizards
Fear of Long Flights
Fear of Loud Noises
Fear of Monsters
Fear of Moths
Fear of Motorway (Freeway) Driving
Fear of MRI Scan
Fear of Needles
Fear of New Food
Fear of Old Age
Fear of Passenger Travel

Fear of Pregnancy
Fear of Public Toilets
Fear of Rats and Mice
Fear of Rejection
Fear of Shopping Centres/Malls
Fear of Sleep whilst Driving
Fear of Snakes
Fear of Spiders
Fear of Spiders Webs
Fear of Staying Awake all Night
Fear of Success
Fear of Talking on the Telephone
Fear of Technology
Fear of Thunderstorms
Fear of Travel
Fear of the Underground/Subway/Metro
Fear of Viruses
Fear of Vomiting
Fear of Water
Fear of Wind
Homophobia

Grief

Abandoned Baby
Anniversary Syndrome
Bereavement (Loss of a Loved One)
Healing Heartbreak
Impending Bereavement
Loneliness
Loss of a Child
Saying Goodbye

Habits and Disorders

ADHD
Altitude Sickness
Anorexia

Anticipatory Nausea
Appetite Increase
Asperger Syndrome
Bulimia
Bladder Control
Bruxism
Chewing Annoyance
Compulsive Lying
Creating Alternatives
Depression
Dissociative Identity Disorder
Drink Driving Aversion
Dystonia
Enuresis (Adults)
Excessive Burping
Insomnia
Kleptomania
Knuckle Cracking
Maintenance Insomnia
Mind Clutter
Morning Person
Motion Sickness
Mouth/Cheek Biting
Nail Biting
Nervous Cough
Nervous Fainting
Nervous Swallowing
Nervous Twitch
Obsessive Behavior
Obsessive Compulsive Disorder
Restless Leg Syndrome
Rhythmic Body Disorder
Sea Sickness
Sleep Talking
Sleep Walking
Shy Bladder
Snoring for the Listener
Snoring - Stopping

Swallowing Pills with Ease
Thought Stopping (for Unwanted Thoughts)
Thumb Sucking
Tourette Syndrome
Trichotillomania (Compulsive Hair Pulling)
Vertigo - Balancing your Body

Health

Acid Stomach
Allergies
Alopecia
Alzheimers
Amenorrhea
Andropause (Male Menopause)
Arthritis
Asthma
Ataxia
Auto Immune Conditions
Bell's Palsy
Bipolar (Mood Swings)
Blood Pressure
Brain Tumor
Cancer
Cancer Treatment
Candida Overgrowth
Celiac Disease
Chronic Fatigue Syndrome
Colitis
Colonoscopy
Constipation
Coping with Chemotherapy
Crohn's Disease
Cyclic Vomiting Syndrome
Cystitis
Deep Vein Thrombosis
Depression/Anxiety Combination
Diabetes

Diverticulitis
Edema
Emphysema
Endometriosis
Endoscopy
Enjoy Fruit & Vegetables
Enjoy Solid Food
Essential Tremor Disorder
Eyesight Improvement
Eye Surgery (Whilst Awake)
Fibroids
Fibromyalgia
Food Intolerance
Fruit and Vegetable Aversion
Gallstones
Gout
Halitosis
Hay Fever
Headaches and Migraine
Healing Angel
Healing Script
Health Matters
Hepatitis
Herpes
HIV (Coping with)
Hormone Imbalance
Hypersomnia
Hypochondria
Improve Immune System
Increased Renal Function
Indigestion
Irritable Bowel
Irritable Bowel Syndrome (IBS)
Irritable bowel syndrome
Life Energy
Lower Cholesterol
Lupus
Lymphedema

Macular Degeneration
Medication Side Effects
Ménière's Disease
Menopausal Symptoms
Migraine
Motor Neurone Disease
Multiple Sclerosis
Muscular Dystrophy
Osteoporosis
Pancreatitis
Parkinson's Disease
Pelvic Inflammatory Disease
Perimenopausal Arthralgia
Phantosmia and Parosmia
Polyneuropathy
Post Surgery
Post Nasal Drip
Pre Menstrual Syndrome
Pre Surgery
Prostate Cancer
Prostate - Body Journey
Raynauds Disease
Rheumatoid & Osteoarthritis
Root Canal Hypnosis
Seasonal Affective Disorder (SAD)
Sciatica
Scoliosis
Shingles
Sinusitis
Sjogren's Syndrome
Sleep Apnea
Speedy Healing (Broken Bones)
Stroke
Stomach Ulcers
Taste Disorder
Thyroid Balance
Tinnitus
Turning off Unwanted Genes

Urge Incontinence
Varicose Veins

Memory and Learning

Automatic Typing
Computer Confidence
Concentration
Dyscalculia
Dyslexia
Foreign Language Study
Listening Skills
Memory and Concentration
Memory Improvement
Memory Recall
Mental Blocks
Photographic Memory
Presentations & Exams
Sleep Learning
Speed Reading
The Joy of Reading
Time Distortion
Writers Block
Writing Skills

Pain Relief Hypnosis Scripts

Autogenic Programming
Comfortable Dentures
Creating Numbness
Melt Away Pain
Menstrual Pain
Muscular Relaxation
Pain Control (Rapid)
Pain Management
Pain Relief
Pain Relief for Children

Phantom Limb Pain

Performance

Accepting Yourself
Balance your Life
Be a Better Impressionist
Best Mans Speech
Better Ballroom Dancing
Better Handwriting
Camera/Media Shy
Dance the Night Away
Great Guitar Playing
Inappropriate Laughter
Interrupted Sleep
Living in the Now
Peak Performance
Perfect Pianist
Perfectionism
Personal Pride
Procrastination
Song Writing
Stage Fright / Auditions
Successful Step Parenting
Tone Deafness
Unlock your Artistic Ability
Velvet Voice
Wedding Day Nerves

Personal Development

Accepting Change
Accepting Responsibility
Appreciation
Assertiveness
Become Tidy & Organized
Brain Power Improvement
Charisma

Creativity
Creative Painting
Curbing Control
Emotional Baggage
Emotional Calm
Happiness
Inner Adviser
Joy of Being
Life Changes
Luck and Intuition
Make Your Dreams Come True
Motivation
New Year - New You
Over-sensitivity
Patience
Reinvent Yourself
Sensory Direction
Speaking Slower
Stop being Superstitious
Tuning into Emotions
Unlocking your Visual Ability

Relationships

Accepting Alcoholism
Attracting Love
Co-dependency
Coping with Noisy Neighbours
Dealing with Divorce
Draw Love into Your Life
Emotional Security
Empty Nest Syndrome
Ending a Relationship
Ending an Abusive Relationship
Forgetting an Ex-Lover
Hypnosis for Lovers
Jealousy
Moving on in a Relationship

Overcome Marital Abuse
Perfect Partnership
Possessiveness
Rebuilding Trust
Unrequited Love

Sexual Problems

Cross Dressing Confidence
Delayed/Retarded Ejaculation
Erectile Dysfunction
Feminisation Hypnosis
Frigidity
Healing the Survivor of Child Abuse
Impotence
Increased Libido
Intimate Sex
Masturbation Addiction
Premature Ejaculation
Rape Recovery
Saying No to Sex
Sexual Addiction
Sexual Confusion
Sexual Fulfilment
Vaginismus
Vasectomy Procedure

Skin Problems

Acne
Cellulitis
Eczema
Excessive Sweating
Facial Cysts
Healthier Complexion
Hives
Itching
Psoriasis

Rosacea
Skin Problems
Warts - Elimination

Sports

Better Basketball
Better Snooker
Better Rock Climbing
Bike Riding Confidence
Boxing Boost
Championship Cricket
Championship Horse Dressage
Champion Darts
Chess Master
Dartitis
Endurance Training
Exercise for Fun
Excel at Sport
Football Confidence
Golf Improvement
Hockey Confidence
Hypnosis for Martial Arts
Improve Yourself (Sports)
Increased Lung Capacity
Perfect Pitching (Softball)
Play Better Rugby Union
Rugby League
Running / Jogging
Show Jumping Confidence
Sport Improvement
Squash Improvement
Swim with Hypnosis
Tennis Improvement
Ten Pin Bowling Confidence
Wrestling Excellence

Stress and Anxiety

Anxiety Release
Eliminating Flashbacks
Emotional Calmness
Emotional Release
Gagging
Guilt
Guilt Complex
Morbid Thoughts
Nightmares
Negativity
Panic Attacks
Post Traumatic Stress Disorder
Stop Self Harming
Stress
Stress Management
Wash Away Stress
Work Worries
Worrying

Weight Loss/Gain

Binge Eating
Boredom Eating
Easy Weight Loss
Eating and Drinking More Slowly
Emotional Eating
Healthy Eating
Let go of Excess weight
Motivation for Exercise
Nocturnal Eating
Regaining Slimness
Secret Eating
Sensible Eating
Speed Up Your Metabolism
Weight Gain for Women