

Dr. John Cantwell is registered with the following professional bodies:

- European Chamber of Hypno-Psychotherapists.
- Irish Association for Hypno-Psychotherapy.
- European Association for Hypno-Psychotherapy.
- Association for Professional Hypnosis and Psychotherapy.

Hypnotherapy Education:

- Diploma Clinical Hypnotherapy.
- Diploma in Clinical Hypnotherapy & Psychotherapy.
- Advanced Practical Diploma in Clinical Hypnotherapy & Psychotherapy.
- Certified Supervisor for Hypno-Analysts, Hypnotherapist
- Certified Trainer Analyst for Hypno-Analysts, Hypnotherapist
- Diploma Cognitive Behavioural Therapy.
- Degree of Doctor of Science in Clinical Hypnotherapy.
- European Certificate of Clinical Hypnosis.

Continued Professional Development:

Completed specialist Post Graduate Training in the following:

- Creative Analytical Hypnotherapy.
- Hypnotherapy and Treatment of Depression.
- Trauma Counselling in Hypnotherapy & Psychotherapy.
- Analytical Psychotherapeutic Counselling.
- Hypnotherapy for Smoking Cessations & Addictions.
- Clinical Hypnotherapy with Children.
- Clinical Hypnotherapy in Family & Relationship Problems.
- Advanced Analytical Hypnotherapy & Psychotherapy.
- Analytical Hypnotherapy for Victims of Child Abuse.
- Regression in Hypnotherapy & Psychotherapy.
- Hypnotherapy & the Treatment of Irritable Bowel Syndrome.
- Medical Hypnosis.
- Hypnosis in Stress Management
- Hypnotherapy for Managing Stress & Pressure.
- Advanced Therapeutic Techniques for Hypnotherapists.
- Hypnotherapy Weight Control Programme.
- Personality & Ego Parts Integration in Hypnosis
- Hypnotherapy Parts Therapy.
- Hypnotherapy for Generalised Anxiety Disorder
- Hypnotherapy for Panic Disorder & OCD.
- Anger Management, Bullying,
- Hypnotherapy for Aggressive & Defiant Behaviour.
- Applied Suicide Intervention Skills Training.
- Psychoneuroimmunology.
- Neuro-Linguistic Programming.
- Dream Analysis.

Assistance with any Problem where Emotional or Psychological Forces are Involved Hypno-Psychotherapy Can Successfully Treat

Habits

People can find themselves in the grip of many habits that they seem unable to control, For example:

Smoking	Slimming	Nail Biting
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Feelings

People can suffer from a wide variety of feelings which can be distressing if too severe or too regular. For example:

Panic	Anxiety	Guilt
Anger	Jealousy	Frustration

Fears and Phobias

Examples of common fears and phobias are:

Heights	Spiders	Insects
Bugs	Mice	Snakes
Bats	Water	Public Transport
Storms	Closed Spaces	Tunnels
Bridges	Crowds	Public Speaking

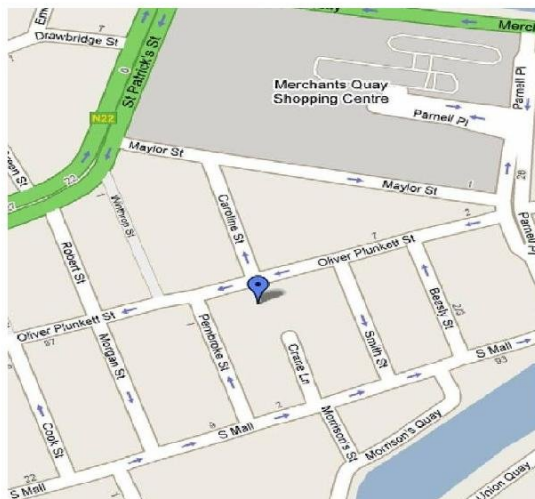
Hypnotherapy can also successfully help with

IBS	Stress	Insomnia
Sleep Disorders	Depression	Assertiveness
Build Confidence	Self Esteem	Sport Motivation

For a full list of symptoms treated go to

www.hypnotist.ie

How to Find Us



Hypnotherapy
Hypno-Psychotherapy
Neuro Linguistic Programming
Cognitive Behavioural Therapy
Hypno-Counselling
Life Coaching, Sports Coaching

Changes
Hypnotherapy Clinic



Dr. John Cantwell

Doctor of Clinical Hypnotherapy
PhD DCH. DCHP. ADCHP. DCBT. TAHH. SHH.
MECHP. MIAHP (Acc). APHP (Acc). MEAHP.

For appointments

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21 - 23 Oliver Plunkett St. Cork.

HYPNOSIS

Here are some answers to questions usually asked on the Subject of hypnosis.

What is hypnosis?

Hypnosis is a state of deep relaxation and comfort. Watching an absorbing film or day-dreaming are two examples of our everyday experience of hypnosis, where we drift to a different state of consciousness.

What does it feel like?

You continue to hear all that is going on around you and are fully aware of your situation. Your mind and your awareness increases but in a very relaxed way.

Can I be hypnotised against my will?

You have to be a willing participant in the process in order to be hypnotised.

Am I being controlled?

You are in control and aware of all that is being said to you. You are able to end the session at any point.

Could I get stuck in hypnosis?

Hypnosis is a guided state of relaxation. In the same way that you go to sleep at night you also wake up in the morning.

Who is hypnotherapy for?

Anyone who wishes to explore hidden talents and abilities or overcome a habit or condition that is not purely medical in origin.

Can children be hypnotised?

Children respond well in hypnosis "consent is always required from the parent or guardian".

What is Hypnotherapy?

Hypnotherapy is the clinical application of hypnosis to assist clients to resolve problems arising from habits, maladaptive behaviours, pain (under medical supervision) and psychosomatic medical conditions. It can also be used to assist clients in maximising potential in settings such as work and sport. Hypnotherapists should be trained to a level 4 NVQ equivalent standard. Hypnotherapists are not trained to deal with deep psychological issues or psychiatric illness.

What is Psychotherapy?

Psychotherapy is defined by UKCP (2009) as a process "to help clients gain insight into their difficulties or distress, establish a greater understanding of their motivation, and enable them to find more appropriate ways of coping or bring about changes in their thinking and behaviour. Psychotherapy involves exploring feelings, beliefs, thoughts and relevant events, sometimes from childhood and personal history, in a structured way."

What is Hypno-Psychotherapy?

Hypno-psychotherapy is the clinical application of hypnosis to enhance psychotherapeutic interventions. Hypno-psychotherapists should be trained at masters level and are trained to deal with deep psychological issues and psychiatric illness.

There are two types of therapy.

Suggestion Hypnotherapy

This is used for simpler problems such as smoking, nail biting, pre-test nerves, slimming, relaxation, confidence boosting etc, and which require only one to three sessions with perhaps a booster later on.

Analytical Hypnotherapy

Analytical Psychotherapy which is used to discover "CAUSES" of psychological problems (and of course, one does mix the two therapies).

Hypno-Analysis can be summarised briefly as the doctrine of cause and effect; every effect (the symptom) must have a cause. Hypno-Analysis reveals and thus removes the cause and consequently relieves the symptoms.

Emotional problems respond particularly well to Hypno-Psychotherapy and Analysis. The objective of Analysis is to bring you to a moment of surprising and liberating enlightenment and one can be fairly confident that a release will be obtained usually within eight to twelve sessions of Analysis.

With these cases we are talking about a complete and lasting release by finding and removing originating causes as opposed to mere control of symptoms by suggestion.

There is no reason why anyone should put up with something inside themselves but outside their control providing they are prepared to devote time, money, effort, and self-discipline to be free of their problem.

The use of Conscious Hypnosis dramatically speeds up Hypno-Analytical Psychotherapy and similar results can be achieved in a few weeks as would be expected from a more conventional "1000 hours" Analysis.

As the brochure makes clear, we deal with many, many problems. You can be sure, however, that whether you are a modest smoker merely needing a little help to stop, or are anxious and depressed, feeling you have little to live for, you will in either case you will receive the best attention at all times.

Changes Hypnotherapy Fees

Suggestion Hypnotherapy and Analytical Hypnotherapy averages €100 per hour

Note Cancellation policy:

If you need to cancel your appointment please contact Changes Hypnotherapy Clinic Tel: 021 4346211.

All cancellations between the time of the scheduled appointment and three days prior are subject to full session fee.

All cancellations between three days and one week of scheduled appointment are subject to a €50 cancellation fee.

John Cantwell reserves the right to charge the basic hourly rate should the appointment not be cancelled as previously stated.

Suggestion Hypnotherapy

One session is normally sufficient.

Suggestion therapy combined with NLP is used for simpler problems such as: Smoking, Weight Control, Building Confidence, Help Improve Memory, Procrastination, Goal Setting, General Relaxation and Sports Performance.

This session also includes a live Personalized CD.

These are made live specifically to suite the need of the individual and to compliment suggestion hypnotherapy sessions. The goal of these CDs is to reinforce the in clinic hypnotherapy session and help motivate the client to make positive permanent change.

Initial Consultation/Assessment Session

During the initial consultation we begin to work on your issues by starting to explore in more detail, assessing your requirements, giving you honest answers to any questions you might have and giving you a realistic estimate of the number of sessions you may require.

Note: Clients with symptoms of depression may require extra sessions of Solution Focused Hypnotherapy and Cognitive Behavior Therapy before proceeding with Hypno-analysis.

Solution Focused Hypnotherapy and Cognitive Behavior Therapy

This is a specialized therapy and takes between five to seven separate weekly sessions. Each session usually lasts fifty minutes to one hour.

This is used for the treatment of: Depression, Obsessions, Compulsions and OCD.

Analytical Hypno-Psychotherapy

This is a specialized therapy and takes between eight to ten separate weekly sessions. Each analytical hypnotherapy session usually lasts between fifty minutes to one hour.

Analytical hypnotherapy is used for deep rooted problems such as: General Anxiety Disorder, Fears and Phobias.