

HOW TO FIND US

Access Hypnotherapy is based in a very quiet housing estate in an office at the side of my house. This is the best type of environment for hypnosis as the sound of traffic from the outside of an office building would be distracting.



FROM SOUTH LINK ROAD

Coming from Bishopstown, take the first exit signposted for Ballincollig. At the next roundabout, take a left onto the Killumney Road. Go straight through the first set of traffic lights and take the right turn at the next traffic lights. Take the first right turn into an estate called Beech Park. My house is No 1 Aisling Close which is the last right turn at the end of Beech Park



In case you have problems finding us, please call **086 2666670** for directions

consultation fees

Each person and each consultation is different. Some people require just one consultation, others may require 8 to 12 sessions. All clients receive a FREE HYPNOTHERAPY CD to reinforce the positive benefits of their consultations.

suggestion therapy

This typically requires 1-4 sessions (one per week usually)
 First Session: €250 (lasting approx 2 ½ hours)
 Additional Sessions: €85 (lasting approx. 50 minutes)
 Special Reduced Rate (Unwaged, OAP's, Students).....€200 / €60

analytical therapy

This requires weekly sessions of approximately 1Hour length and may require 8 - 12 sessions.
 Normal Fee.....€85 (lasting approx. 1 Hour)
 Special Reduced Rate (Unwaged, OAP's, Students).....€60

important notes

- All therapy is totally private and confidential
- In some cases, where medically based problems are presented, it may be necessary to consult with your GP with your permission.
- Minors (under 18) must always be accompanied by an adult.
- As with all therapy, there are no cast-iron guarantees - just as when you go to your GP, he does not give you a 100% guarantee that what he prescribes will work. We simply use our expertise, our ICHP training and our experience, together with your help and co-operation, to achieve the best outcome for you.

complaints procedure

If a client has any genuine cause for concern, then they have immediate access to the Legal and Disciplinary Committee of the professional organisation of which we are members, namely The Institute Of Clinical Hypnotherapy & Psychotherapy. The client is encouraged to put their concerns in writing, including all relevant information and submit them without delay to

Legal & Disciplinary Committee,
 I.C.H.P.,
 9a Main Street
 Ongar,
 Dublin 15



HYPNOTHERAPY CAN SUCCESSFULLY TREAT

SMOKING - EATING PROBLEMS - ANXIETY FEARS - PHOBIAS - PANIC ATTACKS DEPRESSION - INSOMNIA - OCD - IBS ALLERGIES - ANGER MANAGEMENT BLUSHING - GRIEF - GUILT - STRESS CONFIDENCE - LOW SELF-ESTEEM PUBLIC SPEAKING - SOCIAL PHOBIA COMMITMENT PHOBIA - NAIL-BITING FEAR OF FLYING - FEAR OF ANIMALS EXAM NERVES - TEETH GRINDING MIGRAINES - CHILDHOOD TRAUMA ...and many other anxiety-related problems



For Appointment Phone
(086) 2666670

1, Aisling Close,
 Ballincollig, Cork
 Web: www.accesshypnotherapy.com
 E-mail: info@accesshypnotherapy.com



RIGHT NOW IS THE RIGHT TIMETO CHANGE!

Paul Hunter
DCHP, ADCHP, MICHP
Clinical Hypnotherapist

Hello,

My name is Paul Hunter. I am a fully qualified and registered clinical hypnotherapist. I help people just like you to break free from limiting thoughts and habits. Have you imagined what your life would be like when you are free of your problem?

Many of the more anxiety-related problems such as depression, ibs, insomnia, etc., require 8 - 12 sessions of hypnotherapy. Our task will be to find the root cause of your problem. Sometimes, people are aware of the events that were responsible for their problem. In other cases, the root cause can be found in repressed (forgotten) memories and emotions.

Hypnotherapy is also extremely effective for simpler problems such as stopping smoking, ending nail-biting, learning to overcome exam nerves, powerfully increase your motivation, etc. For these type of simple problems, as little as one session can be enough to profoundly change your life for the better.

So if you're ready, right now, to make positive changes in your life, why not give me a call and we can arrange a FREE initial consultation where we can have a chat about what I do so that you can be completely confident that hypnotherapy is right for you before you commit to the full program.

Paul Hunter



FREQUENTLY ASKED QUESTIONS



What is hypnosis?

Hypnosis is simply a state of deep relaxation and you will be able to hear everything that is being suggested.

Can anyone be hypnotised?

Yes. In fact, most people experience hypnosis several times a day (eg. Daydreaming, reading a book, etc.)

Can I be made to do something against my will?

No, absolutely not. Anything suggested to you in hypnosis which is against your morals, ethics, wants or desires will be rejected.

Can I become 'stuck' in hypnosis?

No! There has never been any case of this ever reported.

Is it like stage hypnosis where people do silly things?

Hypnosis as used by a competent and qualified therapist bears no resemblance to anything you would ever have seen in a stage show. A stage show is only concerned with entertaining the audience

How many sessions will I need?

For simple problems such as smoking, slimming, etc., Somewhere between 1 to 4 sessions are required. More deep-rooted nervous disorders can require 8 to 12 sessions (normally one per week). The amount of sessions required varies from person to person. As part of our professional code of ethics, we undertake to discharge a client from therapy at the earliest possible juncture.



CLIENT TESTIMONIALS

Mark, 28, Ballyphehane, SMOKING

"I tried to give up before and the longest I lasted was four days. After just one 2 ½ hour session, I haven't smoked in over two months now. I'm just amazed at how well it worked."

Claire, 35, Ballincollig, WEIGHT LOSS

"I have spent years doing one diet after another and losing weight only to put more back on when I stop. After just eight sessions of hypnosis, I now don't snack any more. I've stopped fixating on food and I am gradually losing weight without even thinking about it."

Mick, 33, Midleton, IBS

"I have IBS and my doctor recommended I see a hypnotherapist to help reduce stress and anxiety. I honestly didn't think it would work but I said I'd give it a shot and after ten sessions, I have noticed a big difference. Well worth it."

Peter, 44, Bishopstown, STRESS

"I was self-employed and my business went bust because of the recession. I was under savage stress and I just couldn't see any way out of all the financial mess, but now I can cope again and I am much more confident about facing the future"

See more success stories on our website

www.accesshypnotherapy.com

(Names have been changed to protect our clients confidentiality).

