

Working With Young People.

With 36 years experience in secondary education, Paul is well placed to help children, teenagers and their families with concerns such as:

- ❖ Low Self Esteem ❖ Lack of Confidence
- ❖ Anxiety ❖ Stress ❖ Depression
- ❖ Shyness ❖ Poor Self Image
- ❖ Exam Nerves ❖ Improving Study and Revision Skills
- ❖ Self-Harming ❖ Addictions ❖ Anger Management

Fees

30 minutes initial consultation	Free
Each hypnotherapy session (up to one hour)	£50

Contact Details

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G.H.R

About

I offer specialised, confidential guidance to bring about positive, therapeutic change. For over 25 years, I worked with clients in Bristol, London, and the Midlands, evenings and weekends only, but in 2012 I launched 'Brightway Hypnotherapy' as a full time business. Additionally, I can call upon 35 years experience in education, as a teacher and senior leader (Vice Principal). As a result, I am a considerate and effective therapist for children, young people and their families.

I first qualified in 1985, then re-trained in 'Ericksonian Hypnotherapy' - 2001 enabling me to provide customised rather than standardised therapy, tailored to the distinctive needs of every client.

I consider my training to be both extensive and of the highest integrity. As well as my hypnotherapy credentials, I also have an honours degree and other post graduate educational qualifications, including a successful nomination to become a 'Fellow of the Royal Society of Arts.' I am a registered clinical hypnotherapist with all the respected and approved professional bodies.

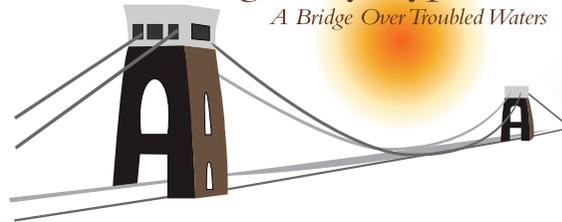
Brightway Hypnotherapy

A Bridge Over Troubled Waters

Hypnosis is frequently used to treat irrational fears, habits and addictions, lack of confidence, anxiety, and weight management.

Brightway Hypnotherapy

A Bridge Over Troubled Waters



*Exploding seeds of new ideas, radiating optimistically into the light...
carried on a light breeze, effortless, relaxed and natural*



What is hypnosis?

Hypnosis is a naturally occurring, dreamlike state, similar to drifting into sleep. People describe the experience as a feeling of inner focus, relaxation and tranquillity.

How does hypnotherapy work?

Hypnotherapy is an effective way of changing unwanted patterns of behaviour and unhelpful thought processes. Through hypnosis, negative perceptions and beliefs in the subconscious mind are altered, so they no longer hold people back from making positive change and progress.

Hypnosis and the human mind

We are all aware of the conscious part of our mind, where our logical thought processes take place. These help us to consider and make decisions. We are less aware of our subconscious or unconscious mind, which is a much larger part of the brain.

Our unconscious mind copes with thousands of tasks, including our automatic or involuntary functions, such as breathing, heartbeat, digestive and hormonal changes. It also has a vast library that stores all our memories and our emotional experiences.

Through hypnosis, the subconscious mind is able to accept positive ideas and suggestions, enabling people to resolve their issues and let go of old habits, cravings and negative thoughts.

Hypnotherapy helps people to eliminate self doubt, increase self confidence, overcome fears, and achieve new goals in their lives.

Frequently Asked Questions

Can anyone be hypnotised?

Yes, anyone can be hypnotised as long as they want to be. You cannot be forced into hypnosis against your will.

Will I know what is happening?

Yes. Indeed you may be even more aware of what is happening. Although your eyes are closed your other senses increase in awareness and sensitivity.

What is being in hypnosis like?

You have already experienced short periods of trance in your everyday activities. Day-dreaming is hypnosis. Or when reading a book on a train, oblivious to other noises and conversations; that too is hypnosis.

Will I be forced to accept suggestions?

No. Your mind is very protective of you. You remain in control at all times and will not accept suggestions that go against your morals or beliefs. Be assured, a professional hypnotherapist only ever promotes positive change and would never ask a client to do anything against their will.

How many sessions will I need?

The number of sessions required is dependent on the problem. This will be assessed and discussed during the initial consultation. Many issues can be treated in just 2 or 3 appointments. Progress is reviewed regularly so that future sessions are always based on positive progress.

How long does a session last?

Sessions are usually up to 60 minutes in duration. Most first sessions include familiarisation with hypnosis, so these are longer than an hour but carry no additional charge.

How can I find out more before committing myself?

I offer a free 30 minute initial consultation so you can meet me and ask any questions. You are under no obligation to proceed with hypnotherapy. To help you come to an informed decision this first consultation is entirely free.

Treatments

Hypnotherapy can be utilised across a range of sports psychology, sports performance and pain management concerns.

Additionally, because the mind-body interface is so intrinsic to our general well-being, hypnotherapy may be considered to help to address the following:

- ✦ ADD/ADHD ✦ Addictions ✦ Anger – Anger Management
- ✦ Anxiety ✦ Bereavement ✦ Binge Drinking ✦ Binge Eating
- ✦ Blushing ✦ Calmness ✦ Childbirth ✦ Concentration
- ✦ Confidence ✦ Creativity ✦ Depression ✦ Dietary Control
- ✦ Dizziness ✦ Eating Disorders ✦ Emotional Recovery
- ✦ Exam Nerves ✦ Habits ✦ Hair Pulling - (Trichotilomania)
- ✦ Hypertension ✦ IBS ✦ Impotence ✦ Insomnia
- ✦ Interviewing Skills ✦ Jealousy ✦ Lack of Libido
- ✦ Low Sex Drive ✦ Migraine ✦ Nail Biting ✦ Natural Labour ✦ Negativity/Negative Thought Patterns
- ✦ Nightmares ✦ Obsession/Obsessive Thought Patterns
- ✦ O.C.D. – Obsessive Compulsive Disorders ✦ Pain/Pain Control ✦ Panic Attacks ✦ Past Life Regression
- ✦ Phobias and Fears ✦ Pregnancy ✦ Premature Ejaculation
- ✦ Preparation for Professional Interviews ✦ Public Speaking
- ✦ Relationships/Emotional Control ✦ Relationship Breakdown - (Counselling for Couples) ✦ Relaxation
- ✦ Revision and Retention Skills ✦ Self-Harming ✦ Sexual Dysfunction - (Individuals or Couples) ✦ Shyness ✦ Sleep Disorders ✦ Spelling ✦ Sporting Ability ✦ Stopping Smoking
- ✦ Stress/Stress Management ✦ Stuttering ✦ Teeth Grinding
- ✦ Weight Control/Weight Loss ✦ Wedding Nerves