

## Les Waters

**Clinical Hypnotherapist, DCHyp, GQHP,  
GHR registered**

Les was awarded a Diploma in Clinical Hypnotherapy (DCHyp), by the United Kingdom & Strategic Hypnosis Examination Board, following extensive training with the Brief Strategic Therapies & Clinical Hypnosis Foundation in London.



This qualification is recognised by the General Hypnotherapy Standards Council. The Council acts as a link between the hypnotherapy industry and the Department of Health and validates the registration of individual practitioners within the General Hypnotherapy Register. They have awarded him the General Qualification in Hypnotherapy Practice (GQHP).

As a practitioner, Les is fully qualified and licensed. He is also a member of the General Hypnotherapy Register – the largest professional organisation for hypnotherapists in the UK – and subscribes fully to its codes of ethics.

*Helping you make positive changes*

**Home visits** in the **Medway** and **Maidstone** areas.

### Clinic at

Maidstone Community Support Centre  
39-48 Marsham Street  
Maidstone  
Kent  
ME14 1HH

**GHR**  
**REGISTERED**

General Hypnotherapy Register

**GHSc**

**VALIDATED PRACTITIONER**  
General Hypnotherapy Standards Council

*Helping you make positive changes*

For the treatment of:

- habit-breaking e.g. smoking cessation or nail biting
- anxiety and stress
- eating and weight control issues
- IBS
- performance anxiety e.g. fear of public speaking or taking exams
- insomnia
- phobias
- panic attacks
- low self esteem
- blushing
- OCD
- tinnitus
- pain control

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W: [www.hypnotherapy-solutions.co.uk](http://www.hypnotherapy-solutions.co.uk)

## What can hypnotherapy do for me?

From time to time, we all experience some kind of problem which leads to us feeling 'stuck' in our life somehow. We don't seem to be able to get away from 'the problem' and it limits us in some way: e.g. someone who has a fear of flying cannot easily visit relatives abroad.

Hypnosis can be used in a clinical context to provide a therapeutic service for such problems.

## What is hypnosis?

Everyone has been in a hypnotic state. Someone in a hypnotic state (or a trance) has their attention very



focused on something while being aware of what's going on around them. Anyone who has watched a film or TV programme, or read a book, and enjoyed it so much that they have been 'wrapped up' in it, has been in a state of hypnosis. Each of us passes through a brief hypnotic state everyday, just before falling asleep at night and upon awakening in the morning.

## What is hypnotherapy?

Hypnotherapy helps us access our unconscious mind to bring about therapeutic changes. Our unconscious mind is responsible for looking

after us 24 hours a day. It takes care of all our automatic responses, such as the regulation of our breathing, blood circulation and tissue repair. We don't have to think consciously about these processes for them to happen.

The unconscious mind also stores all the responses or behaviours we've learnt, right back to when we were infants. Automatic actions such as picking things up, walking, or riding a bike are all things that we learnt to do long ago and can now do without having to think about consciously.



But the unconscious mind also stores our less positive and sometimes problematic responses or habitual behaviours. Phobic responses to 'normal' things or situations, or simply being unable to stop compulsive impulses (such as smoking or frequent snacking), are examples of unwanted operations of the unconscious mind. The conscious part of the mind may want to stop these things, but the individual feels that that cannot resist the craving or compulsion.



In order to change undesired habits or behaviours, we must first access the unconscious mind and then

replace them with more positive ones. Hypnotherapy is a process for doing this. It is a safe and enjoyable treatment that can change our lives in the most positive and exciting of ways.

## Getting help

If you are committed to making a positive change in your life and would like some help in achieving your goal, then contact **Hypnotherapy Solutions**. A short discussion should determine whether hypnotherapy may be of benefit. If so, we will book an appointment so that a more detailed consultation can take place and commence a tailor-made course of hypnotherapy. There is likely to be some hypnosis in the initial consultation. Most issues can be dealt with in around three sessions.

## Fees

Each consultation	£60
<i>Stop Smoking</i> (approx 2 hours)	£120

The initial consultation usually lasts about 1½ hours. Apart from this, and *Stop Smoking*, most hypnotherapy sessions last approximately 1 hour.