



## Integrative Therapy for Adults

Although we specialize  
in anxiety disorders, we  
deal with the following  
on a regular basis

- Anxiety & Panic
- Trauma & Post Traumatic Stress
- Relationship Counselling
- Weight Loss
- Eating Disorders
- Stress & Wellness Management
- Irritable Bowel Syndrome
- Pain Management
- Presentation Skills
- Depression
- Hypno-Birthing
- Obsessive Compulsive Disorder
- Low Confidence & Self Esteem
- Post Natal Depression & Trauma
- Habits
- Studying, Driving Tests, Exams



## Problems of childhood and beyond

Hypnosis has been used to help  
anxious children for over a  
hundred years. It can occur at  
any age, starting with  
separation anxiety in the very  
young. As children grow,  
constant feelings of anxiety can  
affect their feelings of  
confidence and self-esteem and  
can result in sleeping disorders,  
panic attacks and school  
refusal.

Carole has been working with  
children and adolescents for  
over 25 years. Some of the  
conditions that respond well to  
hypnotherapy include:

- Bullying \* School Refusal \*
- OCD \* Phobias \* Habits \*
- Sleep Disorders \* Studying &  
Exams \* Shyness \* Bedwetting
- \* Pain Management \* Needle  
Phobia \* Panic \* Trauma \*
- Eating Disorders \* IBS \*
- Chronic Illness

## LifeSolutions Integrative Therapy Est. 1992 Specializing in anxiety disorders in adults & children



## Carole Wan

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# More about our Treatments

## Costs

**Hypnosis** is a state of deep relaxation that almost everyone can achieve and benefit from. It is safe and you are in control at all times. Sessions of hypnosis are recorded and a copy provided for your personal use. Hypnosis is particularly beneficial for the treatment of anxiety & phobias and to enhance confidence and self esteem.

**EMDR** – Eye Movement Desensitisation & Reprocessing – is a specialist technique that was developed as an effective treatment for PTSD (Post Traumatic Stress Disorder) and is now recommended for the treatment of a wide range of conditions, such as depression and traumatic life events. Further details of this, and all our available treatments, can be found on our website: <http://www.lifesolutions.org.uk>

**EFT** – Tapping or Emotional Freedom Technique - is a self-administered treatment for many of life's problems. Once your therapist has taught you what to do, it is an excellent tool for anxiety, panic, relationship problems, OCD, overeating and many other conditions.

**Psychotherapy** is talking therapy that can be used for a number of conditions. There are many 'models' of psychotherapy, the most well known being CBT – Cognitive Behaviour Therapy. CBT is effective for anxiety and

depression and can be combined with hypnotherapy for swift and effective results.

**NLP** – Neuro Linguistic Programming – is a relatively brief therapy that has many uses. It is often used in sports performance and as a coaching tool, but may also be useful for conditions such as phobias.

### **Stress & Wellness Management.**

We work with individuals and companies to identify and negate stress, identify effective lifestyle choices and work towards a healthy work-life balance. This may include coaching, goal setting and stress management techniques.

We also offer...

**Relationship Counselling** – please see <https://lifesolutions.org.uk/relationship-counselling.php>

**BirthSolutions** – Total solutions for pregnancy, childbirth and afterwards. Please visit <https://lifesolutions.org.uk/childbirth.php>

**SlimSolutions** – A different approach to weight loss, combining several effective techniques. For more information, please see our website: <https://lifesolutions.org.uk/weight-management.php>

### Assessment

The cost of your initial visit is £75. This will be for 50 minutes and you are welcome to bring a companion. You are welcome to discuss any concerns over the phone before booking your visit. All appointments take place from our clinic at home in Dronfield Woodhouse, close to Chesterfield and Sheffield.

### Individual Sessions

Each session is £90. A deposit of £20 is also paid on or before the first session. Your first sessional payment will therefore be £110.00. The £20 deposit will be deducted from your final session, provided you have given adequate notice for cancelled sessions (normally 48 hours). Sessions last between 50 – 120 minutes, depending on the treatment offered. Most recordings of hypnosis will be converted to MP3 for your own use.

How to Pay: We accept cheque, cash and bank transfer. **Assessments can only be booked on a bank transfer of £75.** Details will be provided on booking your session. Advance payments for six or more sessions can be paid by credit card, using our PayPal account.