



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

MNCH (Acc), FNCP,
SQHP (Registration 1771),
AccHypSupp, MISMA,
EMDR (3), MPNLP, CPC,
HPD, AdvDipSM,
CNHC (Registration No 000109-E12)

T: 01246 416544
M: 07775 607900
E: carolewan@icloud.com

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.