



G & RALDINE.

People are often unaware of the sheer volume of conditions hypnosis can help with. Since most problems' people experience come from within themselves, it makes sense to initiate change from the inside.

Here I am naming but a few, so if your problem is not listed that certainly doesn't mean I can't help, so please just give me a call and we can discuss your issue.

- Depression
- Addictions
- Eating Disorders
 - Phobias
- Anxiety Disorders
- Breaking Bad Habits
 - Quit Smoking
 - Lose Weight
- Cancer Treatment Support
 - Trauma / PTSD
 - Childhood Abuse
 - Bullying
 - Self Confidence
 - Self Esteem
- Social Phobias/Social Anxiety
- Dealing with difficult people
 - Motivation
 - Poor memory
 - Procrastination
- Anger Management
- Sleep Problems
 - Pain Relief
- Personal Development
- Health issues
- Pass your driving test/Driving confidence
 - OCD
 - Nail biting
 - Hair pulling
 - Tics
- Dating confidence
- Public speaking
- Childhood issues
- Control spending
 - Insomnia
- Focus and concentration
- Sports Performance
- High blood pressure
- Interview confidence
 - Exam Nerves
 - Hypochondria
 - Blushing
 - Migraines
 - Faster Healing
- Imposter Syndrome
- Stress management
- Bereavement / grief and loss



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