

A person's hypnotic experience will be unique to them. Some people are more receptive than others, allowing themselves to go into trance quickly. However, regardless of a person's receptivity levels, the final result is the same, they will achieve a level of hypnotic trance.

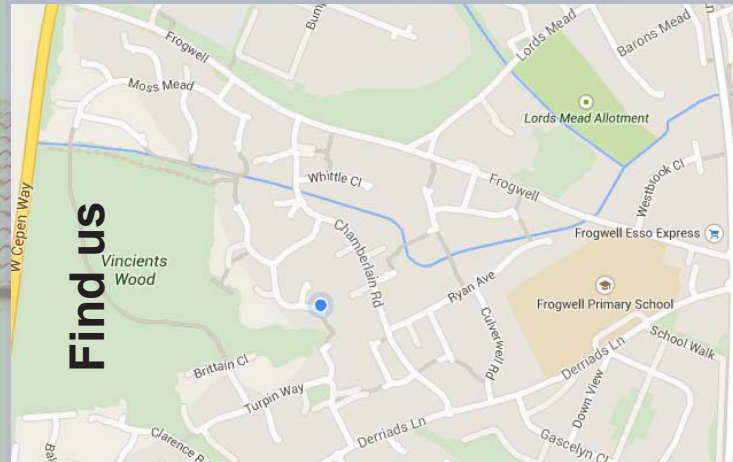
About hypnotherapy

The hypnotic trance is very relaxing; people retain a level of awareness of physical sensations around them, but may feel that they are daydreaming, drifting in and out of conscious awareness. The overall majority of people undergoing hypnosis enjoy the experience. The more times a person experiences hypnosis the quicker they go into trance, and therefore the more effective hypnotherapy is.

Everyone has experienced a trance-like state many times – although they probably didn't call it hypnosis. For example, when you're reading a book or absorbed in an intricate project, you may not hear someone speak to you or notice how much time has passed. That's being in a trance.

Sometimes when you're driving along a familiar route, you may suddenly wonder whether you've gone passed some familiar landmark only to realise that you drove past it many minutes ago without noticing. That's being in a trance.

iTech-Ed Hypnotherapy
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Sessions will last for about an hour and are charged at £60 each. The number of sessions required will depend on the person and the treatment required. Stopping smoking is usually a single two-hour session.

Cancellation less than 24 hours before an appointment will result in the full cost of the session being charged.

iTech-Ed Hypnotherapy



Therapy for
personal growth and
development using
hypnosis

I can help you to become more relaxed, confident, and fulfilled – to live the life you've always dreamed of.

Using hypnotherapy

If you want to achieve your goals and make amazing changes so that you can enjoy the life you truly deserve, then hypnotherapy could be the fastest and easiest way to get there. It's one of the most powerful and effective tools you could ever have in your journey to success, health, and happiness.

Solution-focused hypnotherapy and NLP coaching can help you to:

- Overcome problems that are holding you back, for example losing weight and developing a healthier lifestyle.
- Set and achieve personal goals for success, for example more self confidence or increased motivation.
- Remove fears and phobias.
- Break unwanted habits, for example stopping smoking.

Treatment is tailored to each client, and programmes of therapy are designed according to clients' preferences, personality, and needs.

Hypnotherapy is completely natural. Afterwards you will feel relaxed, and it can help you to feel good, with a positive outlook on life, and even sleep better.

Hypnotherapy is the application of hypnotic techniques in such a way as to bring about therapeutic change.

We are now able to offer hypnotherapy using Skype.

I find that I am regularly working with people coping with:

- Stress and anxiety
- Weight issues
- Fears and phobias
- Feelings of depression
- Stopping smoking
- Performance anxiety.

There are many other issues that can benefit from hypnotherapy

Trevor has published four books about hypnotherapy and published numerous articles in a variety of Hypnotherapy-related publications. He has also written a number of blogs.

Trevor is an NLP (Neuro-Linguistic Programming) Master Practitioner and uses these skills in his work with clients.

He has CBT (Cognitive Behavioural Therapy) training and can help clients make sense of overwhelming problems by breaking them down into smaller parts. Trevor can use Cognitive Behavioural Hypnotherapy (CBH) techniques with clients.

Our therapist

Trevor Eddolls BA, Cert Ed, MOS MI, DHP, HPD, SFBT Sup (Hyp), CBT (Hyp), Dip NLP, Dip Mindfulness, AfsFH (Exec), CNHC Registered is Head of IT on the Executive of the Association for Solution-Focused Hypnotherapy. He is a Hypnotherapy Master Practitioner, and also a qualified solution-focused supervisor and an NLP Master Practitioner.

He has a strong belief in the way that hypnotherapy can be used successfully with most people for all sorts of conditions.



Trevor says that being in a trance can be a wonderfully relaxing experience for clients, and jokes about “trance-forming” people's lives for the better.

Trevor is able to work with children and young people when necessary. His most recent DBS (Disclosure and Barring Service) check was June 2015.

Trevor has an enviable reputation for the work he has carried out with his many clients.

Call 01249 443256 to make an appointment. Or e-mail trevor@ihypno.com and we will arrange an appointment at a time that suits you.

Parking is available.