**“*Are YOU struggling with problems made worse by STRESS and ANXIETY or do you just need to make a CHANGE in your life?”***

**Robert Finlayson**

**PgDip (Clin.Hyp.) PDCHyp. PDCBHyp , BSCH**

Hypnosis Can Help With...

* Stress Management
* Resolving emotional blocks
* Adapting unhelpful beliefs and behaviours to become beneficial ones
* Developing greater self-esteem
* Creating emotional and practical resources
* Establishing positive new goals for the future

Clinical Hypnotherapy Can Help You With:

(amongst other things….)

* Weight Control
* Anxiety / Stress
* Disordered Eating
* Stopping Smoking
* Pain Management
* Addictions
* Phobias
* Panic Attacks
* Sleep Problems
* Performance Anxiety
* Sports Performance
* Virtual Gastric Band

## ABOUT ME

I am a certified and accredited Hypnotherapist with a Post Graduate Certificate and Diploma in Clinical Hypnotherapy from the London College of Clinical Hypnosis (LCCH) . I see clients at my clinic in Aldgate , The Mind Body Therapy Centre in Forest Hill and The Joshi Clinic in Marylebone.

I work with a wide range of conditions but have come to specialise in weight loss and eating disorders as well as anxiety and stress-related conditions. I make use of an eclectic range of techniques, including Clinical Hypnosis, Cognitive Behavioural Hypnosis (CBH), Mindfulness , Eye Movement Desensitization and Reprocessing (EMDR) and Ego State Therapy, in order to tailor therapy to your unique needs and to help achieve a positive outcome.

HYPNOSIS

Hypnotherapy is neither mystical nor magical but it can help effect extraordinary, and often rapid change in peoples’ lives, by helping to change subconscious beliefs, habits and associations. Hypnotherapy is a solution-focussed approach which provides you with the tools and resources to take control of your life, improve your self-esteem and develop self-confidence.

Why not call me on **075 0349 8590** or email me at [robert@aldgatehypnosis.co.uk](mailto:robert@aldgatehypnosis.co.uk) for a quick, friendly, no-obligation consultation.

More information can be found at [www.aldgatehypnosis.co.uk](http://www.aldgatehypnosis.co.uk).

