

# YOUR THERAPIST

## REBECCA POTTS

*D.A.B.C.H, M.C.A.Hyp*

I completed my Advanced Training in Hypnotherapy & Hypnohealing in July 2002 with the Atkinson-Ball College, which practices up to date techniques, learned in this country and the United States.

I am a member of the Corporation of Advanced Hypnotherapy and operate with a strict code of ethics.

In August 2004 I completed a professional training course in New York with Dr. Brian Weiss who is a pioneer and master of Past Life Regression Therapy.

I am continuing to receive referrals from the Gastroenterologists at Yeovil Hospital and have done several presentations with them demonstrating the benefits of Hypnotherapy for irritable bowel syndrome. Local GP's are also beginning to refer me patients for a wide variety of issues.

I am based in Yeovil at The Hendford Centre, which is located on the first floor of Lloyds Pharmacy, next to Hendford Lodge Medical Centre.

For further information call

**01935 478856**

[rebecca@rebeccapotts.co.uk](mailto:rebecca@rebeccapotts.co.uk)

*Every sixty seconds you spend  
angry, upset or anxious, is a  
full minute of happiness you'll never  
get back*

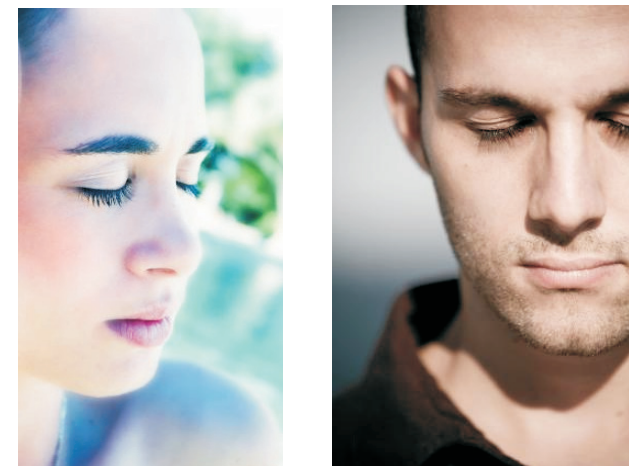
***Life is short. Embrace it.***



*Forgive quickly, kiss slowly, love  
truly, laugh uncontrollably, and  
never regret anything that made  
you smile*

# HYPNOTHERAPY

## THE NATURAL WAY TO MAKE A CHANGE



**You can be the  
person you  
choose to be...**

[www.rebeccapotts.co.uk](http://www.rebeccapotts.co.uk)

# WHAT IS HYPNOTHERAPY?

Hypnotherapy is a completely natural therapy that merely allows you to make positive changes using the power of your subconscious mind.

## HOW DOES IT WORK?

Hypnotherapy works on the principle that from the day you are born life experiences mould you into the adult you become, some traits you will like, others you would rather be without.

Hypnotherapy is a way to determine why you are the way you are and gain understanding. From here you can essentially re-mould yourself to be the person you want to be and discard any negative emotions.

## WHAT IS HYPNOSIS?

Hypnosis is a daydream state that we all go into daily without realising it. It is essentially just deep relaxation and is very pleasant and enjoyable.

## IS IT DANGEROUS?

Absolutely not. If you consider it as just deep relaxation, which is something we all enjoy, there is nothing dangerous about it at all. On the contrary, it is very good for your mind and body.

## CAN ANYONE BE HYPNOTISED?

Yes, providing they want to be. Willingness and co-operation are all that is needed for successful therapy. No one can enter hypnosis if they do not want to.

## WILL I BE FORCED TO DO THINGS AGAINST MY WILL?

No. This idea comes from popular Hypnotist shows. This is therapy and is very different. The therapist is there to help you make the changes YOU want to make.

## WILL I BE ASLEEP?

No. You will be aware of everything that is happening but just feel nicely relaxed. You will also remember what we do in each session.

## HOW LONG DOES IT TAKE?

Each session lasts around one hour and I recommend between three and six sessions for any given problem.

## HOW IS HYPNOTHERAPY DIFFERENT FROM OTHER THERAPIES?

Most other therapies are carried out on a conscious level and so, no matter how much an opinion or idea is changed consciously, the root cause remains subconsciously, and so the problem persists.

Hypnotherapy really focuses on moving on from the things that have happened and making the changes that you want to make. It is therefore a very positive, inspiring and often life changing therapy.

## WHAT DO MEDICS SAY?

Many GP's are now open to Hypnotherapy and often recommend it for certain problems. Specialist Consultants are now infact referring patients to me, so it is fair to say that many medical professionals are now accepting the benefits of Hypnotherapy.

## WHAT CAN HYPNOTHERAPY TREAT?

*WEIGHT LOSS*  
*EMOTIONAL PROBLEMS*  
*PANIC ATTACKS*  
*WORRY*  
*LOW CONFIDENCE*  
*PHOBIAS*  
*ANXIETY*  
*STRESS*  
*DEPRESSION*  
*POOR SLEEP*  
*NERVES*  
*BLUSHING*  
*NAIL BITING*  
*IBS*

**And Much More**