

THE PENARTH PRACTICE



Clinical Hypnotherapy & Solution Focused Psychotherapy

Move Forward Positively

- Stress, Anxiety & Depression
- Sleep & Relaxation
- Bereavement
- IBS & Digestive Problems
- Medical Hypnotherapy

Strengths and Solutions

- Confidence & Self Esteem
- OCD & Compulsions
- Children & Teen Issues
- Fertility & Childbirth
- Many Other Issues

We harness the best of CBT (Cognitive Behavioural Therapy), Mindfulness, NLP (Neurolinguistic Programming), SFBT (Solution Focused Brief Therapy) and the latest Neuroscience.

“There is more scientific evidence for Clinical Hypnotherapy than any other Complementary Therapy, people can perform prodigious feats of willpower and self-healing!”

NHS NICE



(The Health Education Authority)

“After several years of feeling constantly stressed, anxious and low, thinking I had little to look forward to or always concentrating on the negative, I feel like me again.”

Simon

(GP from Cardiff)



For more information or to book now, contact

THE PENARTH PRACTICE 02921 409218

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www.thepenarthpractice.com

LIGHTBULB SOLUTIONS GROUP

The Neuroscience of Success



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