

Brookhouse Hypnotherapy

(LEICESTERSHIRE)

- *Hypnotherapy*
- *Counselling*
- *Coaching*
- *Stress Management*
- *Clinical Supervision*

16 St Philips Rd, Burton on the Wolds,
Loughborough, LE12 5TS
Tel: 0845 076 3724
Email: Fiona@fionabiddle.co.uk
Internet: www.fionabiddle.co.uk or
www.ukacademy.org

History of Hypnosis

Hypnotic or suggestive therapy has been used as a healing technique since the beginning of history. References to it can be found in the Bible, although the name was not introduced until much later. It was of prime importance in the “sleep temples” of Ancient Greece which were places of pilgrimage and healing.

In the Middle Ages belief in miraculous cures associated with religious shrines was widespread. Healing was brought about by touch and prayer.

During the 18th Century the theory of “Magnetism” was developed. Franz Anton Mesmer argued that the planets influenced mankind through their magnetic effects on the “fluid” which occupied all space. He discovered that he could induce people into a trance like state and concluded that he himself must be a kind of magnet, hence the term “Animal Magnetism”. This idea was soon discredited by a French Royal Commission which found that the magnetic fluids did not exist. James Braid re-examined Mesmerism in the 19th Century and reached similar conclusions. It was he who coined the term “Hypnosis” for the induction of a trance like state through simple suggestion.

In the early part of the 20th Century hypnosis was used almost exclusively by stage hypnotists, thereby projecting a hopelessly distorted view of the very powerful therapeutic tool. However, in 1955 the British Medical Association endorsed the practice of hypnosis in Medical School education, since then it has become a valuable addition to conventional medical treatment.



What is Hypnosis?

Have you ever been so involved with a task that you have lost track of time? Have you ever driven from one place to another and arrived safely, but not remembered the journey? Have you ever read a book and become so involved with the plot you can see scenery and hear characters speak? Have you ever day-dreamed? These are everyday examples of an altered state of awareness.

Hypnosis is another example of an altered state of awareness—one which can be used for self help. It is a perfectly natural state which occurs between being fully awake and fully asleep. In the clinical setting hypnosis is usually accompanied by a pleasant state of physical relaxation which in itself is beneficial, especially in the symptoms induced by or aggravated by stress. The term Hypnotherapy means the use of hypnosis for the treatment and relief of a variety of somatic and psychological symptoms.

It is important to note that no one can be hypnotised against their will and no one can be forced to do things while under hypnosis that they do not want to do.

During hypnosis, you will be aware of what is happening: most people do not “feel hypnotised.” You are still in control.



Hypnotherapy

Hypnotherapy is therapy that utilises hypnosis: as simple as that! Therefore it is important that a hypnotherapist is properly trained, as Fiona is, in therapy as well as being a competent hypnotist.

There are various models of hypnotherapy, and the decision as to which to use will be made jointly by Fiona and you. Here are the models that Fiona uses most regularly:

Motivational Hypnotherapy

Fiona is the co-founder of this model and the author of a book entitled "Motivational Hypnotism" and a course that teaches the model to other hypnotherapists.

Motivational hypnotherapy is mostly used in cases where a client is wanting to make a change, or to achieve a goal. Examples include:

- Smoking cessation
- Weight control
- Career goals
- Performance enhancement:
 - Sport
 - Learning
 - Creativity

Fiona can help you maximise your motivation to achieve your goals: whatever they are!



Cognitive Behavioural Hypnotherapy

This model uses theories from both cognitive and behavioural psychology to address issues of thought and behaviour. This can be a very effective process for a wide range of issues including:

- Fears and phobias
- Anxiety and panic attacks
- Medical issues
- Study skills
- Confidence issues
- Sleep

Analytical Hypnotherapy

Sometimes clients are unsure of why they have a particular problem or cannot achieve a goal. It can then be useful to use analytical age regression techniques to have a look back and discover what occurred in the past that has led to the current situation. There are a few critical factors in analytical hypnotherapy:

- Causes are often in childhood, and re-examining them with your adult mind can help resolution
- You may or may not already be aware of the cause; even if you are you may not realise all the factors involved and analysis can help you get a clearer more complete picture
- There is no need to "re-experience" bad times: it can be as though you are simply observing



Hypnotherapy is completely natural and safe. There are no

harmful side-effects. When administered by a professionally trained and skilled Hypnotherapist the benefits are long lasting and often permanent.

Fiona specialises in the following:

- Smoking cessation
- Weight control
- Confidence issues
- Motivational issues

But also works with a wide range of other issues. If you are wondering, just phone or email and ask!



What is Stress Management?

Due to a variety of socio-economic conditions, stress has now become more widely recognised by both individuals and employers. People in the UK lose several thousand days of work to excess stress, not to mention the great personal anxiety that can lead to, amongst other things, physical illness, relationship problems, depression and in extreme circumstances suicide.

Many situations can lead to the development of the symptoms of excess stress including fear, overwork, responsibility, loss, lack of fulfilment and illness. Every individual has different tolerance levels when it comes to stress. The therapeutic needs of the individual are paramount in the treatment of stress and stress related disorders. Willpower alone is not an effective or permanent solution to stress problems.

This practice offers a comprehensive stress management programme for both individuals and corporate clients. Effective stress management takes in various therapeutic models and tailors a programme to include not just dealing with the presenting stress, but to also help clients to avoid reaching high stress levels in the first place.



What is Coaching?

Coaching is a formalised means of one person helping another to achieve their hopes and dreams, and to fulfil their potential. Many of us spend too much time existing, and not enough living. We often find it difficult to know how to get where we want to go, and even to know where we want to go. Coaching can help.

Your coach will assist you to gain clarity (if you need it) as to your goals. What do you truly value in life? What and who do you truly want to be? From this point, your coach will guide you, support you and motivate you in your journey towards meeting your goals.

Goals may be on many levels:

- career
- home
- family
- friends
- finance
- activities
- other personal achievements.

Goals may be small or huge, vague or precise. Whatever you bring will be what your coach will be helping you with: you will not be told what your goals should be!

Fiona is a certified professional coach, and runs an international coaching training programme.



What is Counselling?

Counselling is a word that is often misunderstood. There is a difference between having a discussion, giving information and counselling.

Counselling is a process whereby the client is encouraged to explore their thoughts, feelings and experience in order to resolve issues and move forward productively.

The counsellor is there to listen, understand and assist with the process. Often the process of simply unburdening oneself to someone who is interested, but not involved, can be very therapeutic! It can make a pleasant change not to be judged. However, this is not all. Counsellors will also work with you to examine reasons for situations and to explore possible avenues for your future.

Counselling can be used for:

- dealing with current problems
- dealing with the past
- planning for the future
- personal growth

Fiona qualified with a Diploma in Counselling in 1998 and now teaches nationally accredited counselling courses.



What is Clinical Supervision?

In most forms of therapy it is mandatory for therapists to have regular supervision. This involves them discussing their cases with a qualified supervisor, with the purpose of ensuring that the therapist is offering the best possible service to their clients.

Supervisors can often add an extra dimension to therapy by highlighting patterns of work that the therapist might have been unaware of, and assisting with potential problems.

Fiona Biddle is a qualified hypnotherapeutic supervisor, and also is committed to receiving her own regular supervision from Dr Shaun Brookhouse.

Fiona is not only a qualified supervisor but has written and teaches the first nationally accredited course in hypnotherapeutic supervision.



Schedule of Fees & Registration

Fiona Biddle's schedule of fees is as follows:

£50 Per Session (1 hour)

£80 For Special ONE Session Smoking Cessation Therapy (1 hour)
(free follow-up within 3 months if required)

Payment may be made by either Cash or Cheque and is due at the time of the appointment, unless otherwise arranged.

Clinic Hours are Monday to Friday 9:00am-6:00pm. Saturday mornings by arrangement. 24 hours notice is required for cancellation of appointments. A charge may be levied if this is not adhered to.

In view of recent reports of poorly qualified persons offering therapeutic services, it may be of interest to you that Fiona Biddle is registered with the following bodies:

The National Council for Hypnotherapy
0800 9520545

National Guild of Hypnotists (USA)
001 603 429 9438

Feel free to
phone and
check!



Fiona Biddle

BSc (Hons), DipCouns, DipCAH, HPD, CertHypSup, CI, FNGH, FNCH



Fiona Biddle has earned:

- BSc in Computing from Loughborough University
- Diploma in Counselling from Exeter College
- Certified Professional Coach, International Institute of Coaching (USA)
- Diploma in Clinical and Advanced Hypnosis from the Washington School of Clinical and Advanced Hypnosis
- CertHypSup, Certificate in Hypnotherapeutic Supervision from the National Council for Hypnotherapy and NCFE
- HypnoBirthing Practitioner Certification from the HypnoBirthing Institute
- Specialist Certification in Smoking Cessation from NCFE
- Specialist Certification in Anxiety from NCFE
- Certified Instructor of Hypnotherapy from the National Guild of Hypnotists (USA)

She has been in the therapeutic profession for more than a decade.

Fiona was also one of the first two people to receive the externally accredited Hypnotherapy Practitioner Diploma (HPD) through the NCFE Awarding Body and the National Council for Hypnotherapy

Fiona is a professional member of the following organisations

- The British Association of Counselling and Psychotherapy
- Association for Humanistic Psychology

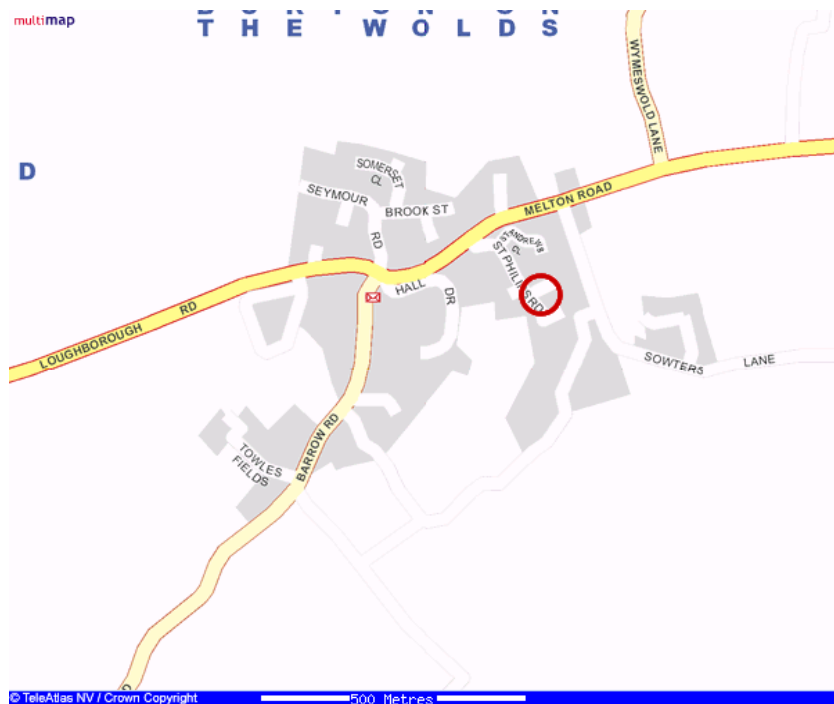
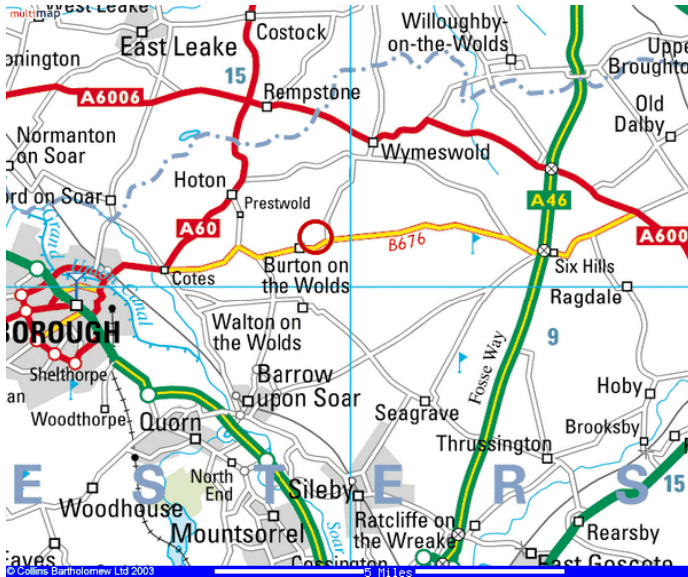
Fiona is a Fellow of

- The National Council for Hypnotherapy
- The National Guild of Hypnotists (USA) (Fiona is their first female fellow!)

Fiona is an ex-chair of the UK Confederation of Hypnotherapy Organisations (UKCHO) and current chair of the National Council for Hypnotherapy.

Fiona is co-author (with Shaun Brookhouse) of two books: "Motivational Hypnotism" and "Building a Successful and Ethical Therapy Practice", and is a contributing author to "Consumer Guide to Hypnotism".

How to Find Us



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