

The Hypnogym

Modern society places many stresses on our lives, and fast-paced living leaves us with little time to concentrate on our basic needs. Every day we put our bodies and emotions through unnecessary trauma and for some, every day is a mountain with the summit just out of reach.

So where does this leave us? We smoke more, drink more, and comfort eat to try and fill that gap – most of these habits we want to leave behind us in order to live life, and not let parts of life dictate how we live.

At the Hypnogym we offer a wide variety of traditional hypnotherapy solutions to every-day problems. For more information on any of our programmes, please click on any of the buttons to the left of this page.

All of our programmes are enhanced by the application of traditional hypnotherapy methods to our unique new C.A.T. Programme – Confidence Awareness Training.

Hypnosis is a natural state of mind. We enter into relaxed, trance-like states at many times throughout our waking day, all similar to the trance you will experience when visiting a hypnotherapist. You will experience a deep relaxation in which your mind is more open to suggestion and tackling issues of worry.

Already, by showing interest in hypnotherapy and wanting to know how it can help you, you are on the road to changing your life.

Hypnotherapy is a great compliment to modern medicine and can be used to treat almost any worry, problem or concern you have.

In addition to traditional hypnotherapy methods, we use our unique C.A.T. techniques to enhance our programme, combining old and new ideas that allow us to confidently assure you that you will leave happy, healthy and confident.

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COSTS

Non-smoking - £190

Weight Loss - £120

Phobias - £120

(spiders, flying, heights etc.)

Depression - £120

Anger -£120

Exam Stress- £120

Confidence and Self Esteem - £120

Social issues - £120

Sexual problems - £200

Sport performance -£200

For anything else - please enquire
(students with valid student cards get
20% discount)

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PROGRAMMES

C.A.T Confidence Awareness Training

C.A.T. is a training programme based on and expanded from various techniques used in hypnotherapy, NLP and dramatic arts. These different methods are combined to deliver a stronger training ethos for people – from professional athletes to business – allowing them to find their inner confidence and focus, helping to integrate it within their lives.

Developed by The Hypnogym's Managing Director, Christopher Richards, the techniques used in the C.A.T. programme stem from the hypnotherapy and NLP Parts Reframe, which Christopher moulded with his own business experience in sales and 15 years experience in theatre and performance.

Using both his LAMDA qualifications and knowledge of practical performance psychology and psychological subtleties, Christopher built up a unique framework designed specifically to enable my clients to become aware of their own inner confidence, self belief and abilities; to let them access their inner power to change their lives forever.

Anxiety

Have you suffered with anxiety and panic attacks?

Do you experience rapid breathing, a racing heart, light headedness? Do you see flashing lights, feel faint or sick?

These are common signs amongst people who suffer from anxiety attacks.

It is very hard to fight the symptoms. Even if you are aware of when they are going to happen, controlling or stopping them is something else.

So would you like to feel empowered knowing your back in control?

If you can get rid of these panic attacks how would it affect your life and the people around you? I'm sure you very much want to go out with your family or friends, and really look forward to going, until the time when you have to leave the safety of your house/car/office and actually start the journey; then the feelings literally take over.

Hypnotherapy for anxiety will speak directly to the part of you responsible for these attacks. Together we will look at the cause and solve the problem. Never be caught out again, and never feel debilitated by something that you can easily overcome and take control of.

For more information on Hypnotherapy for Anxiety contact The Hypnogym to book your session. You are only a few clicks away from being rid of those anxiety attacks and changing your life here today, with a positive mind, a positive heart, a positive day.

Non Smoking

So you want to be a non-smoker? That's great news! With our help, you're not going to be an ex-smoker, we will make you a non-smoker.

Everyday people seek hypnotherapy to become a non smoker, and for help overcoming this massive social dent in our lives. Smoking is the most unnatural habit a human being can have: we breathe oxygen to live and smoking stops our body from getting as much of this as we need, so we are literally killing ourselves slowly by smoking.

As smoking causes your body to slow down, your heart has to work twice as hard to pump blood around your vital organs. So would you like to feel empowered knowing your back in control? You don't need a cigarette with that morning coffee or after that meal, as you're in control now.

If you can be free of the smoking habit for ever how would it affect your life, work and the people around you? How will it affect your children? When a smoker then offers you a cigarette, how empowered and confident do you feel when you say "No thank you, I'm a non-smoker."?

Hypnotherapy for Non-Smoking will speak directly to the part of you responsible for this habit. Take control of your life, and show that habit just how powerful your unconscious mind really is.

For more information on Hypnotherapy for Non-Smoking contact The Hypnogym to book your session. You only a few clicks away from being a non smoker and changing your life here today, with a positive mind, a positive heart, a positive day.

PROGRAMMES - continued

Weight Loss

Are you overweight? Or just want to lose a few extra pounds?

Do you feel like you're not in control of your eating habits?

Then The Hypnogym is the right place for you.

Crash diets, new fads for weight loss or drastic increases in exercise do not really work.

Don't you find that you actually put on more weight when trying to diet? Or do you just struggle with the willpower to stick to the new regime?

Would you like to feel empowered knowing your back in control of your weight? You can fit in your favourite trousers or that dress you've been looking to buy. Your friends all talk about and admire that new you, wanting to know your secret of how you now look so good.

ABOUT US

At The Hypnogym we will talk directly to your subconscious, finding the reason behind your weight problems and how to directly tackle and overcome them in a painless, comfortable, manageable way for you.

For more information on Hypnotherapy for Weight Loss contact The Hypnogym to book your session. You are only a few clicks away from being rid of this eating habit and changing your life here today, with a positive mind, a positive heart, a positive day

The Hypnogym is a Milton Keynes-based hypnotherapy practice.

We know that no two people are the same and everyone's reason for visiting us will be different. Whether it is a deep-rooted phobia you want to be free from or the mental focus to perfect that golf swing, we can help you change your life.

Christopher Richards, our Managing Director and senior therapist, trained for his hypnotherapy diploma at the UK Hypnotherapy Training College and is an accredited member of the UK Hypnotherapy Association. He is also the creator and pioneer of Confidence Awareness Training (C.A.T.), a programme run exclusively by the Hypnogym built with business professionals in mind. The programme is based on various techniques used in hypnotherapy, NLP and the arts and offers a fresh approach to confidence and self awareness.

