

TERESA DELLBRIDGE, MA, MBACP, RMANM, SQHP, DIP HEALTH N

ADDITIONAL INFORMATION

TERESA DELLBRIDGE THERAPIES

I offer hypnotherapy, counselling, Reiki, Indian Head Massage and Emotional Freedom Technique.

Non-smoking and Hypnotic Gastric Band Weight Loss treatments are also available, with hypnotherapy.

I am a relaxation specialist.

I also offer hypnotherapy and counselling over FaceTime or Zoom. During Lockdown this is invaluable, and I will be continuing to offer it indefinitely.

Lockdown brings stresses, and *coming out of Lockdown* is difficult, for many people. Hypnotherapy/counselling helps with this.

Please look me up at teresadellbridgewellbeing.co.uk where you can sign up for my newsletter, and find out more about me

Contact me teresadellbridge@gmail.com or phone 07833752173. I'm always happy to talk things through and explain, without any obligation.

HYPNOTHERAPY

Contact me 07833 752 173, teresadellbridge@gmail.com.

Website: teresadellbridgewellbeing.co.uk

Hypnotherapy can help you with a wide variety of problems. This is because hypnotherapy is deeply relaxing, and relaxation is therapeutic for almost every condition.

I have 30 years clinical experience as a hypnotherapist, and I guarantee you will come out from your therapy session feeling calmer and more peaceful! Here are some questions you may like to have clarified.

What is Hypnotherapy?

Hypnotherapy uses hypnosis to effect change. It is a gentle, enjoyable and essentially simple process, with many benefits.

What is Hypnosis?

This is simply a relaxed state. Everyone experiences these states daily. They are pleasant, dream like states, like those we have whilst day dreaming. Hypnosis involves entering such state deliberately, to create desired outcomes.

How will I be Hypnotised ?

Simply by talking to you. You will lie down and be warm and comfortable. The sound of my voice will help you to enter a relaxed state, suitable for hypnotherapy. It is an enjoyable feeling.

I've seen shows where people are hypnotised and do funny things

In these shows hypnosis is used to entertain. The hypnotist picks out the suggestible subjects. Many are weeded out 'off camera'. Hypnotherapy uses hypnosis to improve well-being, and is very different from anything you might see in a show.

Can I be made to do things I don't want to?

No. Your subconscious will automatically reject any such suggestions. In stage hypnosis, the subjects want to behave as they do!

How can Hypnotherapy help?

In the relaxed condition of hypnosis, the subconscious mind is open to suggestion. This makes it easier to focus on the changes needed and deal with them more powerfully at a deeper level.

Hypnotherapy can be used to help treat many conditions such as:-

- Depression
- Anxiety
- Sleep Disorders
- Addictions
- Allergies
- Skin Conditions
- Digestive Problems
- Panic attacks
- OCD
- Non-smoking
- Weight loss
- And many more

Can anyone be Hypnotised?

Almost anyone can be hypnotised, but some people are much more suggestible than others. These will very readily go into the relaxed state necessary for the therapy. In my 30 years as a hypnotherapist I have only found one person who did not respond.

You will receive a totally personal recording after each session, to play as you wish and continue your therapy. This is individual to you, and so is different from anything you could buy, or find on the Net.

If you would like to discuss hypnotherapy a little more, I'm always happy to explain and chat to you, with no obligation. Please phone me on 07833 752 173. If you get the voicemail, please leave a message and I will get back to you.

STOP SMOKING WITH HYPNOTHERAPY

If you have decided that you want to stop smoking hypnotherapy will help get your subconscious mind on your side. It will also help you to calm your fears and see your way to freedom from smoking.

YOUR SUBCONSCIOUS IS KEY

Your subconscious is simply that part of you just below the surface of consciousness, which makes you act automatically. Fears may be subconscious and reactions of delight can also be subconscious. The subconscious is like a sponge and absorbs many impressions, especially when we are children. Unfortunately, many of these may be negative and continue to have an adverse effect through life. Hypnotherapy gently removes these and replaces them with positive elements. Your subconscious is actually waiting to help and support you.

HYPNOSIS IS SIMPLE

All I'll do is talk to you. You will lie down and be warm and comfortable. The sound of my voice will help you to enter a relaxed state – it's a lovely feeling!

LENGTH OF YOUR SESSION

Your non-smoking session will take an hour-and-a-half. During that time you will be hypnotised twice. The first time will be to relax you, so you understand what is happening, the second time will concentrate on stopping you smoking.

YOU CAN'T BE 'MADE' TO DO THINGS YOU DON'T WANT TO DO!

Your subconscious will automatically reject any such suggestions. Hypnosis will simply reinforce your decision to stop smoking.

HELP CONTINUES AFTER YOUR SESSION

You will have two recordings to take away with you, to play every day – one about relaxation and/or confidence, the other about non-smoking. So the process is ongoing

THIS RECORDING IS TOTALLY INDIVIDUAL AND DIFFERENT FROM ANYTHING YOU COULD BUY/FIND ON THE INTERNET

Everything on the tape is tailored exclusively to you, and your needs. It is personal and focused in a way that a bought recording can never be, and it is much more effective.

YOU WILL RETURN TO 'NORMAL' STRAIGHT AFTER YOUR SESSION

You will be quite normal – in fact better than normal! However, if you have been very stressed you may feel a little sleepy. This is because the experience of relaxing in this way has been new to you. Usually this disappears with subsequent sessions, as relaxation becomes more routine.

HYPNOTHERAPY HAS ADVANTAGES OVER OTHER NON-SMOKING AIDS

Nicotine patches do not empower you to cope without nicotine. Health drawbacks to vaping are emerging. By contrast, Hypnotherapy goes straight to the heart of the matter – in your subconscious mind.

Physical addiction is of much less importance than your belief that you need cigarettes. Hypnotherapy helps you to realise that you are fine without them! More than this, it relaxes you, helps you get things in perspective and generally to feel more confident about life.



TERESA DELLBRIDGE COUNSELLING

COUNSELLING – THE 'TALKING CURE'

LET GO OF STRESS, ANXIETY, DEPRESSION AND CONFUSION

Talking about your feelings and problems to someone sympathetic is not only incredibly soothing - it can also enable you to move on in ways that may surprise you.

I have 30 years' experience in counselling. Freud called this the 'Talking Cure' – but it is also the 'listening cure'. My training is psychodynamic, which means I work with the subconscious mind. Over the years I have also incorporated other approaches, so I can be practical and goal-focused where you need this.

My approach is gentle, supportive, understanding and realistic. The point is to put you back into the driving seat. Please email me on teresadellbridge@gmail.com or phone me on 07833 752 173 – I'm happy to discuss your wishes with no obligation.

COUNSELLING IS OFTEN ESSENTIAL IN TODAY'S WORLD

True counselling requires considerable skill, subtlety and experience. It is *not* the same as talking to a friend, however kind and impartial that friend may be. Counselling may seem basic and simple. For you it is - you come to unburden yourself and learn to move on from what is bothering you. For me it is about noticing many things - sometimes seemingly insignificant - that may give a clearer picture. Today's world can seem harsh and isolating. In a sense counselling carries on the tradition of the village wise-woman, but from a much wider and up-to-date perspective.

WHAT COUNSELLING CAN GIVE YOU

Counselling is not about telling you what to do or giving you specific direction on your major life choices – you will come to realise what you want.

However, I may give advice on such matters as seeing another professional (e.g. a solicitor) or on such basic things as safety, for my code states that I must not withhold important information from you. Confidentiality is absolute - the only possible time I might breach this is if not doing so could lead to harm to others.

Counselling can:

- enable you to see things clearly
- bring your problems into perspective
- help you to understand yourself
- give you the strength to make the changes you deem necessary
- empower you
- help you find your life's true direction
- heal you emotionally and spiritually
- ease stress and anxiety
- lift depression
- help to restore your faith in life and yourself

TRUST

Trust is very important when choosing a counsellor. This is not just about confidentiality - it also means that the power and control stays with *you*. I want to help you to connect with your true self, your needs, wishes, abilities and visions of your future.

Counselling can be one session, but the likelihood is that you will need more than this. Please phone me on 07833 752173 to speak about your wishes. If you get my voicemail ***please leave your contact details clearly***, and I will get back to you. Alternatively, please contact the clinic Please don't worry if you get the answering service – this is totally confidential, so do leave your number *clearly* and I will call you back. Alternatively, email me through this website or on teresadellbridge@gmail.com

Teresa Dellbridge MA, MBACP, RMANM, SQHP, Dip Health N. Bound by the BACP Code of Ethics.

INDIAN HEAD MASSAGE

Teresa Dellbridge, Practitioner

Indian head massage is a beautiful, relaxing massage coming from one of the oldest healing traditions in the world – the Ayurvedic tradition. By the use of gentle stroking and pressure on certain key points on your head and shoulders, you will be relaxed and revitalized.

Indian Head Massage benefits the entire body, but is especially good for treating tension and headaches. It acts on the hormones and helps cleanse, re-balance and rejuvenate the entire system.

Because Indian Head Massage stimulates the flow of cerebro-spinal fluid (the fluid that flows from the brain through the spinal cord, affecting the entire body) it can benefit the entire nervous system. This means that practically any problem will benefit from this lovely massage.

You can choose to be massaged with fragrant oils, chosen for their particular healing qualities, or you may prefer a dry massage if you don't want oily hair. You can also choose a simple shoulder massage, if you prefer. Because Indian Head Massage is confined to the head, neck and shoulders, you do not have to remove your clothing.

This is a beautiful, enjoyable, non-invasive treatment that will lift your spirits and restore your body.

REIKI HEALING

What is Reiki Healing?

Reiki is the Japanese form of Natural healing. Subtle healing energy is channelled by the practitioner's hands to the recipient, calming, supporting, and restoring the body and mind where ever it is needed.

Reiki can be used to help heal symptoms and conditions on many levels; physical, mental and emotional, and spiritual (lending clarity and positive direction).

Reiki healing when applied to specific areas of the body helps to empower local tissues. When applied to the main energetic systems in the body, such as the chakras and auric layers Reiki clears obstacles and balances communication throughout the whole body, regulating organ function and re-instating emotional balance

Reiki has proven to be a very effective therapy to reduce and relieve physical pain, reduce stress, speed up recovery from major operations and dentistry, recovery from illness, palliative care, and balance even extreme mental and emotional states.

Reiki is practiced with the patients clothed and laying on a massage couch. If necessary, Reiki can also be practiced with the patient seated, or resting on cushions (e.g. elderly or pregnancy). Treatments can also take the form of distant healing.

Reiki is safe and effective for all age groups and can be used alongside medical treatment, medicines and complimentary therapies.

I offer two styles of Reiki treatment. A classic Reiki and Positive Thinking Therapy Reiki, incorporating hypnotherapy, using gentle voice suggestions to aid healing of mind and body.

I also offer **Chakra Balancing, including the use of crystals, for harmony and health.**

RELAX AND REGENERATE TREATMENT PACKAGE

Give yourself a tonic for your mind and body with this relaxing, three-fold treatment.

Book an hour and a half appointment and enjoy thirty minutes Indian Head Massage, thirty minutes Reiki and thirty minutes guided meditation.

- Indian head massage is a beautiful, relaxing massage coming from one of the oldest healing traditions in the world – the Ayurvedic tradition. By the use of gentle stroking and pressure on certain key points on your head and shoulders, you will be relaxed and revitalized. It can benefit almost any condition, emotional, mental or physical
- Reiki is a form of energy healing that aligns body and spirit, uplifting and encouraging you, making you feel soothed and inspired
- Guided meditation takes you into a lovely, dreamy consciousness, shifting your mood and making you positive. I will be talking softly to you and there will be music playing in the background. You can choose your preferred outcome – for instance would you like to be more calm? More confident? More determined and strong-willed? You will come back to the everyday world with a fresher perspective. Then a recording of your own, individual meditation will be emailed to you, for you to listen to every day

Or, if you prefer, you can choose to have any two of the above, in an hour's session.

Contact me through the Clinic, or phone 07833 752 173. I'm always happy to chat, please leave a message if you get the voicemail. Or email me teresadellbridge@gmail.com
I look forward to hearing from you.

GET RID OF WEIGHT SMOOTHLY AND PERMANENTLY

Being overweight is the cause of so much unhappiness and ill-health. We all know that over-weight is caused by eating in a way that is wrong for our bodies, and so many people cut down on food, often with negative and damaging results.

DIETS DON'T WORK!

How many people do you know that are on a diet, or have been on one, or are planning to go on one? And how many have actually *attained their ideal weight and are still at that weight, two years later?* Not many, I am sure. If you are planning to go on a diet yourself, you may have set the 'start date' and quite possibly diet-damage has already begun, because even now you are disrupting your relationship with your body. Inside you a little voice may be saying 'Aah, don't worry. That extra chocolate won't matter, because next week I'm going on a DIET!' So the trouble starts.

SERIAL DIETING CAN CAUSE DAMAGE

For many people, serial dieting means they no longer know when they are hungry and they do not trust their body or their appetite. Eating is something that has to be controlled by 'will-power', often without success - and they never feel satisfied. Food becomes an enemy and meals are miserable. This is such a shame, because food is one of the basic pleasures of life and something to be greatly enjoyed. If you've tried diet after diet, chances are each time you lose weight, only to put it back on again, plus a bit more. Each diet plays havoc with your system and slows your metabolism, making the task harder. The greatest hit is to your self-esteem – not only do you feel bad about the weight, but you also feel 'weak' and 'a failure'.

WHEN YOU DIET SO MUCH IS STACKED AGAINST YOU

Dieting is tough. Not only are you battling hunger pangs, disrupted routine and your imagination continually throwing up images of food.

The diet industry is also an enemy, with its obsession with calories, making you think about food all the time. So called 'diet foods' are often laden with chemicals and very lacking, nutritionally. Eventually, your poor metabolism is damaged.

'MIND OVER PLATTER'

So, what's the answer? It's in your mind. By that I *do not* mean your willpower! Many dieters think they are weak-willed, when the opposite is usually that case. It's easy to forget that the imagination is a thousand times stronger than the will and always wins in the end, with a knock-down image of sticky toffee pudding/fresh baked roll/juicy steak. **The solution lies with that mighty imagination, by getting it to work for you with hypnotherapy.**

USE YOUR SUBCONSCIOUS

Hypnotherapy is gentle, and very pleasant. It is also very simple. You are eased into a state of mind that you go into naturally, many times a day. This is the 'hypnogogic' state of day-dreaming, in which your subconscious can be reached and 're-programmed'. In hypnotherapy this hypnogogic state is encouraged, prolonged and used. Results often seem almost magical.

HYPNOTIC GASTRIC BAND TREATMENT

To deal with overweight, the most effective way of using hypnotherapy is by 'installing' a hypnotic gastric band. During an initial two-hour session, I build up a very personal picture of your experiences. I use techniques to boost self-image and bust compulsions.

Communication with your subconscious enables me to get cooperation at a very deep level. Following this I do two sessions of hypnosis. The first one will be recorded, so you have a hypnotic recording to play each day, tailored-made to your personal requirements. Last of all, the gastric band is put in place. Your mind is convinced you have had the operation, resulting in a significant change in eating habits. You'll also feel very relaxed, with an increased confidence and positive attitude.

SUCCESSFUL WEIGHT MANAGEMENT

Hypnotherapy for gastric band is one of the most effective and safest weight loss treatment available today. Getting your subconscious working with you will help you achieve the weight that you want comfortably and healthily.

During your **first appointment** you will have your Hypno gastric band 'fitted'. Your band will restrict your food intake but leave you satisfied and full after every meal, helping you to lose the weight that you no longer want or need.

The process is simple and effortless leaving you calm and relaxed with a positive attitude to your future weight loss and increased energy levels.

You will require three sessions in total – the first being for two hours then two subsequent maintenance sessions lasting for 50mins. After this your Gastric Band will be fully working.

The hypnotic gastric band is *not* a diet. It's a state of mind, and although your subconscious 'believes' the gastric operation has taken place, from a wider perspective what is really happening is that you're being restored to that natural state where you eat what you need, enjoy it and stop when you're full. In a way it restores your lost birthright – the right to enjoy eating!

CONTACT ME

You can email me teresadellbridge@gmail.com, or phone me on 07833 752 173. I'm happy to answer all questions, with no obligation.

EFT

WHAT IS EFT?

Emotional Freedom Technique is a simple healing method you learn to use on yourself. It is a pleasant system of tapping certain parts of your body, in sequence, while repeating certain phrases. I will help you to identify which 'phrases' are right for you. You can then practice EFT at home, and when you come for more sessions, moving on will be easier.

PLEASE NOTE THIS TECHNIQUE IS GENTLE AND SUPPORTIVE AND TOTALLY DISTINCT FROM SO-CALLED 'FASTER EFT', WHICH I DO NOT PRACTICE OR RECOMMEND.

TIME-HONOURED PRINCIPLES

EFT is based on the same principles as acupuncture. However, with EFT you merely tap on certain spots on your face, chest and hands, while repeating basic words or phrases. The tapping stimulates energy meridians, while you focus on the pain or problem, so enabling real change to take place. It is very easy to use – you can learn to do the EFT routine on your own, when you feel stressed or just want to take time out to do yourself some good.

STUDIES SUPPORT EFT

In comparative studies 60% of people using EFT for the first time felt a sense of release and significant change while 20% felt noticeably better. For the remaining 20% issues are more complex, and require further and deeper work.

CHOOSE WHAT'S RIGHT FOR YOU

I use EFT alone, or it can be in conjunction with counselling (and hypnotherapy, if that's what you want), to enable you to feel better, heal and move forwards.