

# Sophie Cresswell

Abiding by a strict code of professional conduct set out by the National Council For Hypnotherapists, Sophie works with all her clients with integrity, commitment and compassion, to enable them to make positive change.

Sophie has worked in Early Years, Community and Individual Development for 22 years and trained with the National School of Hypnosis and Psychotherapy receiving a Dip THP MA level qualification in 1995. Sophie continues her personal development and can offer a truly integrative service for both adults and children.

Sophie is accredited by the NCH (MNCH [lic]), UKCHO (UK Confederation of Hypnotherapy Associations) and is registered with the NHS trusts Association (NHSTA 6772).



## Special Offers

Are you on the waiting list for C.B.T. (Cognitive Behavioural Therapy)? If so why not come and see me NOW, without the wait and with the added power of Hypnosis.

Healthy Weight Management  
Special, limited time only,  
Bring a friend for free.

You can be...

Sophie Cresswell

Hypnotherapist • Psychotherapist • Life Coach  
Dip THP, NLPN-Shap MNCH (lic) NHSTA (6772)

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a non smoker... confident... a healthy weight... motivated... Less Stressed...



You can be...

Hypnotherapy • Psychotherapy • Life Coaching

## Areas of expertise

**You can be...** offers a wide range of Hypno-Psychotherapeutic treatments. The areas of expertise centre on:

Personal empowerment & Individual growth.

Confidence building/increasing self-esteem

Effective stress management

Destructive habit transformation/cessation including:

weight management, stopping smoking, overcoming fears/anxieties, phobias, nail biting, thumb sucking, blushing, insomnia, bed wetting, motion sickness.

Emotional well-being

including:

overcoming negative thinking patterns, healing trauma, relationship difficulties.

Managing change

including:

becoming a parent, coping with pain, returning to work, changing jobs, bereavement, retirement, adolescence, Goal setting, motivation and goal attainment.

Performance enhancement

including:

public speaking, interviews, exams, performance at work, sports and hobbies.

## What is Hypno-Psychotherapy?

Hypno-Psychotherapy is a safe, non-addictive and effective form of treatment that uses Hypnosis and Psychotherapy to encourage enduring positive change, tailored to individual needs.

Hypno-Psychotherapy assists people who are motivated to change in finding meaningful alternatives to their present unsatisfactory ways of thinking, feeling and behaving. It unlocks inner potential and promotes personal development.

### Will I lose control?

No. Rest assured that you will neither lose control of yourself nor be made to do anything you don't want to do.

Hypnosis is about achieving a calm, pleasant feeling, similar to daydreaming, in which the conscious part of the mind is relaxed and the awareness of the unconscious mind is heightened. Some people may feel heavy and lethargic, others quite light, but, however you experience hypnosis, you will always be aware of what is happening to you and retain complete control at all times.

### How does Hypno-Psychotherapy work?

Under hypnosis by employing the many and varied techniques available, the unconscious can be safely reprogrammed to eliminate bad habits, modify emotional and physical responses and a sense of confidence and self-worth can be instilled.

### How many sessions will I need?

Hypno-Psychotherapy tends to show positive results very quickly. However, the exact number of sessions required depends very much on the individual client and their particular issue. The number of sessions that you require will be determined at your first appointment.

Book an appointment today, call Sophie on **01865 873447** or **07917097179** or use your computer: [www.youcanbe.co.uk](http://www.youcanbe.co.uk) or [sophie@youcanbe.co.uk](mailto:sophie@youcanbe.co.uk)

