

Hypnotherapy &
Psychotherapy Services
Client Information



Personal Solutions provides clients with personalised, professional and highly effective hypnotherapy and psychotherapy services.

Set in friendly and relaxed surroundings, clients are given time to be themselves, whilst being safely assisted in dealing with their challenges.

The consultation typically lasts an hour. During this time, individual goals – and the most appropriate forms of treatment to meet those goals – are identified.

Treatment is tailor-made to deliver long-term personal development, identified by the person as important to them. Therapeutic aims are to empower the person, therefore dependency upon the therapist is actively discouraged.

A variety of techniques and approaches can be used, depending on the clients' individual needs...

Counselling • Through effective communication, encourages clients to explore muddled or confused thoughts, feelings and emotions. The Therapist enables clients to gain deeper insights.

A 'client- centred' approach that is non-judgemental, maintains respect and positive regard for the client and his or her difficulties, it also challenges thoughts and behaviours whilst encouraging the client to use more suitable alternatives.

Psychotherapy • Can involve age regression, either with or without trance. It is useful for identifying and helping with difficulties arising from past events. Imagery is another powerful tool that encourages mental and emotional well-being practises and helps develop

robust self-identity, self esteem and increased confidence.

Hypnotherapy • Trance, altered states of awareness and hypnosis can be an enjoyable and effective ways to introduce personal change at the unconscious level. Creative use of metaphor allows change to occur safely whilst the client grows accustomed to positive ways of thinking.

Deeper trance can be useful for managing discomfort, pain, anxiety, panic attacks or altering unwanted habits and emotions.

NeuroLinguistic Programming skills (NLP) • Used extensively for therapy, education and for business purposes, NLP is particularly suited to resolving phobias, unpleasant or distressing feelings and emotions, for overcoming unwanted habits (smoking, drinking, over- eating) and in communicating more effectively with others.

Professional Standards

Clients have the right to expect support which reflects high standards of professional competency and application of therapy skills.

Evidence of genuine and relevant qualifications and continuous professional development training will be shown on request, or is already cited in the professional profile of practitioners.

Our therapists are registered with bodies that uphold and implement stringent professional standards and operate a Code of Ethics, that includes a Public Protection Policy and insists on a system of Supervision and Peer Support.

Code of Ethics & Conduct

Therapy offered by Personal Solutions are governed by the Hypnotherapy Association Code of Conduct & Ethics. These aim to protect the public from any form of emotional, sexual or financial exploitation. Members who breach of the Code risk forfeiture of membership and removal from the Register. Recent new regulation ensures professional registers liaise with each other with regard to practitioners who have been removed.

Contact:

**The Hypnotherapy Association,
14 Crown Street, Chorley,
Lancashire, PR7 1DX**

01257 262124

theha@tiscali.co.uk

www.thehypnotherapyassociation.co.uk

Services & Speciality Provision

- Stopping smoking for good
- Weight loss and weight management
- Stress, panic and anger management
- Anxiety through illness (IBS, diabetes), and through accident
- Pre-operative anxiety, specialist provision along with post operative recovery
- Depression management programme
- Gambling addiction – programme to motivate and stop
- Developing personal skills – self promotion, overcoming shyness, developing confidence and positive self esteem
- Pain management specifically as a result of illness
- Phobia – fear management eg heights, flying, social
- Regression for healing emotional, physical distress
- Resolve procrastination
- A program to help adults and young children sleep soundly

These 'presenting issues' are major areas of speciality offered by Personal Solutions.



The Consultation

An hour long opportunity to decide whether the services of the therapist can meet your specific needs. The therapist assesses the possible areas for change based on what is disclosed.

The clients' experience of the consultation is also used as an indicator for how comfortable he or she is with the therapy and predicts the likelihood of a successful outcome.

Professional Profile

Stephanie Kirke

M.Sc, DipHP, AccHypSup., HPD, MBPsS, MHA, MBIH.

1985-1988 BSc., Psychology (2:1)
Goldsmiths' College, University of London

1988-1990 MSc., Occupational & Organizational Psychology, Polytechnic of East London

1990-1992 Certificate & Diploma in Hypnotherapy, Psychotherapy, Counselling and NLP (NACHP)

National Association of Counsellors, Hypnotherapists and Psychotherapists

1994-1996 City & Guilds 730 Adult Teaching Qualification

2003 Accredited Supervisor Qualification (NCH)

National Council of Hypnotherapy

2003 Ericksonian Hypnotherapy Specialist Practitioner.

2004 Smoking Cessation Specialist Practitioner

2005 Certified Professional Coach (UK Academy)

2005 Hypnotherapy Practitioner Diploma (NCH)

2005 Certified Instructor (NGH)

2005 Board Certified Hypnotherapist (NGH)

2007 Pain Specialist Certification (NGH)

2007 Diabetes specialist Certification (NGH)

National Guild of Hypnotists – US

2009 CRB Certified (Criminal Records Bureau & NCH)

2014 CPD - Dementia Specialist practitioner

Professional Memberships

The Hypnotherapy Association (UK)

British Institute for Hypnotherapy (UK)

National Guild of Hypnotists (US)

British Psychological Society (since 1986)

Executive Director UKCHO (since 2003)

Executive Administrator of British Institute of Hypnotherapy (2013)

Agreement

The Client Working Agreement (attached) is an agreement to work on the issues identified during the initial consultation. It details terms and conditions and explains confidentiality.

Fees

As of January 2013

Consultation: £40

Therapy sessions: £65
(60 minutes)

Payment Guidelines

Payment can be made by cash, cheque, direct debit or credit card.

We can not accept post-dated cheques and payments for stopping smoking services are requested in advance.

Cancellation Policy

We request that cancellations are made at least three working days before any appointment. An alternative time and date will be offered in the same week.

Clients who fail to give adequate notice or refuse an alternative appointment will be expected to pay in full for the missed session.

A choice of day time or evening appointments, is offered to suit most peoples' situation: cancelling at short notice prevents others receiving help and interrupts personal progress.

Contacting the Practice

Broadway House, 4-8 The Broadway, Newbury, RG14 1BA

07906 503 566

hypnotherapy@personal-solutions.co.uk

www.personal-solutions.co.uk

Client Working Agreement

This agreement details the terms and conditions concerning our work together. The agreement to work on the issues presented by you the client, in no way guarantees a 'cure'.

The cost of each therapy session will be £65 per 60 minute hour. Cancellation with less than 3 working days notice will cause you to be liable for the full cost of the session unless another is booked within the same working week. This helps to ensure that the continuation of your progress is not jeopardised and time slots are available to others within good time.

Contact between sessions is limited to telephone or email. Antisocial behaviour will cause the immediate cessation of sessions.

The therapist works to the professional standards outlined in the Hypnotherapy Association's Code of Ethics and Conduct and not to give cause for complaint. Clients who do have cause for complaint have access to the complaints and disciplinary procedures of the Hypnotherapy Association, 14 Crown Street, Chorley, Lancashire, PR7 1DX or email: theha@tiscali.co.uk or via the internet at www.thehypnotherapyassociation.co.uk

Confidentiality will be maintained in all but the most exceptional circumstances i.e. when someone has broken the law and is therefore subject to the consequences of the legal courts, or if a person consistently persists to threaten or do actual self harm or harm to others, and where there is good cause to believe that not to disclose on the part of the therapist would cause danger or serious harm to the client or others. The sharing of anonymous case histories with supervisors and peer support groups is not a breach of confidentiality but only happens after prior consent by the client is obtained.

Notes of the session are likely to be taken and kept safely and are available to the client with reasonable notice.

I have read and understood these terms as they have been fully explained to me by the therapist.

Signature of Client: _____

Signature of the Therapist: _____

Date of Signature: _____

Cancellation Policy

Please read carefully...

We require you give no less than 3 working days notice if you have any reason for cancelling. This period of notice will not incur a fee on your part however, clients who are cancelling are always asked to make another appointment in that same week. If all offered times are unsuitable, the client is then asked to explore their motives for not wanting to attend.

Motives for wishing to cancel pre-arranged sessions - what to do if these apply to you...

- **Avoidance due to change in circumstances**

Please discuss any changes that potentially jeopardise the continuation of sessions. Your therapist is there to work with you for your best interest.

- **Difficulty with the change work**

On the whole change work is enjoyable but sometimes not always easy. Your therapist relies upon you to let them know if you are finding sessions a challenge. Again, please discuss this, so that a solution can be identified.

Guideline for Making Appointments

Work with your therapist to find a time slot that suits your circumstances. If the therapist is particularly busy, then consider accepting a slot that is not perfect, but manageable.

Your therapist will be committed to helping you progress as quickly as you possibly can. Your cooperation in keeping to your appointment and arriving in good time helps the smooth running of the practice and is much appreciated.