

My Aims

My **philosophy** is based on a strong commitment to providing excellence in hypnotherapy, nlp and client care, within a **professional and friendly environment**.

Due to the developments in mind technologies such as **nlp** and **hypnosis** I aim to create a **turnaround in your life** in the **shortest time** possible.

Hypnosis makes it easy. all you have to do is to pick up the phone, make an appointment and keep that appointment. from that moment on, you are on the pathway to a new you!

Change your life - call now!

"I would like to thank you for your help, I feel so much better now. In the last few days my life changed a lot. I feel so good, I'm smiling a lot and I mean a lot. Everyone keeps asking me what happened to me and most importantly I'm becoming more and more confident and it shows. I don't know what you did to me but it feels good knowing life's still on. Thank you for everything" Debbie



About me

James Quinn DCH, DHP, SNLP is a Consultant in Clinical Hypnotherapy and NLP Master Practitioner trained at the Institute of Clinical Hypnosis. He is based in Finchley, with clinics in Harley Street, and Throughout London and Hertfordshire. His drive and enthusiasm towards changing peoples lives comes from over 20 years experience helping people create positive change on a physical, mental or emotional level. He offers a confidential, professional service and is a Member of the General Hypnotherapy Register (GHR)

“Change is Possible!”

Call: 0207 754 3717
or: 07941 454 339



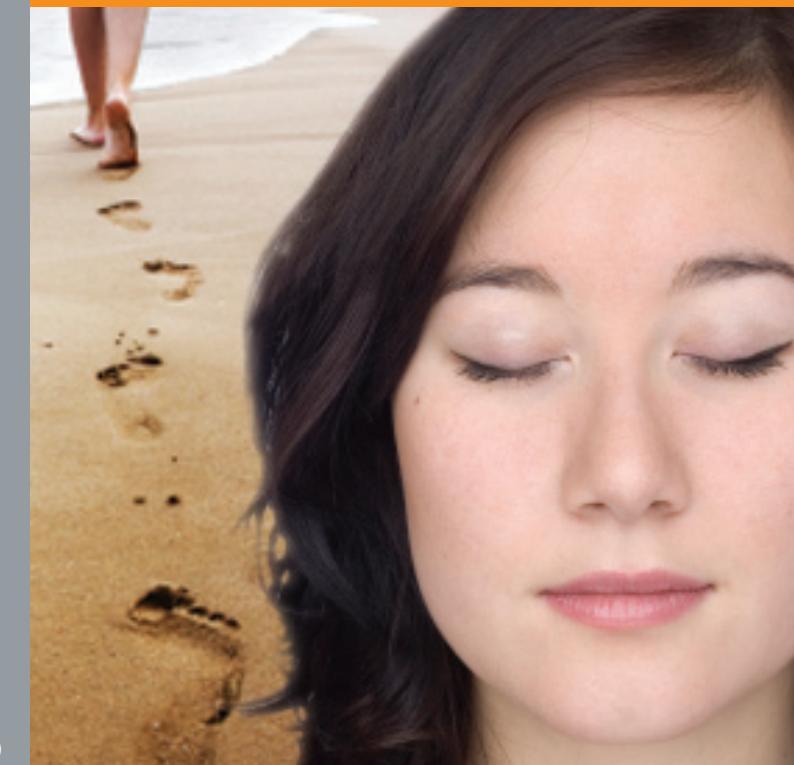
VITAL THERAPY

Accredited by the National Regulatory Register for Hypnotherapy

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CLINICAL
HYPNOTHERAPY



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CLINICAL HYPNOTHERAPY

Your Path to LASTING CHANGE

Someone once said that the secret of happiness is having someone to love, something to do and something to look forward to.

It makes sense – however, there is one more thing to add to this – “and somewhat of controlling our feelings and emotions.”

Because the reality is our emotions can affect us in so many negative ways, our self worth, compulsions towards food or other substances, bad habits, what we feel each day as we awake.

Some of these feelings and emotions seem quite irrational – yet they keep coming from deep within ourselves (**perhaps triggered by past experiences**) they keep growing until they manifest themselves in negative ways that include: anxiety, depressive feelings, phobic responses, destructive habits and unhelpful behaviours.

Occasionally these emotions compound and spill over into other aspects of our life, such as the quality of our sleep and the harmony within our relationships.

The reality is, it doesn't have to be that way.

I can help you take back control of any unwanted emotional responses, whilst helping you boost your self-esteem in a way that is safe, interesting and effective.

BECAUSE We all **need** a little help sometimes

Using a combination of safe therapies including **hypnotherapy** and **NLP**, I can help you address some of your challenges including:

- ANXIETY • CONFIDENCE • DEPRESSION
- EXAM NERVES • FEARS AND PHOBIAS • GOAL SETTING
- GUILT • INSOMNIA • JEALOUSY • OVERWHELMED PAST MEMORIES • PERSONAL GROWTH • PAST LIFE HEALING
- SELF ESTEEM • SHYNESS • STRESS • SPORTS AND MUSIC PERFORMANCE • PAIN MANAGEMENT
- WEIGHT CONTROL

The reality is, if you could have already made these changes yourself using will-power and determination, then you would have. In fact, sometimes it's not that easy. Problems often reside within the unconscious mind where (strangely) logic and will-power have only limited access.

My confidential, safe and reliable methods help you to work with your unconscious mind to release those negative issues and pave the way for a new and **more positive outlook.**



Call Me Now

FEELINGLOW? FEELINGLOST? **MIDLIFECRISIS?**

At certain times in our life, we all get a little lost, things around us change, children grow up, relationships mature, careers evolve and we become more aware of our mortality. In addition, medical studies continually prove the link between stress and disease, so, revisiting your well-being during these times of emotional uncertainty may benefit you in many ways.

Time to **press the reset button?**

My 4 step turn-around process transforms how you feel about yourself in just 3 sessions over a 3 week period, enabling you to:

- Lessen anxiety, stress and any unwanted feelings you may be experiencing.
- Resolve and manage internal emotional conflicts in a way that is safe and interesting
- Discover and access powerful inner feelings and abilities to increase self-esteem and confidence
- Define your goals and new direction for your future that will make you smile.

