

"Hypnosis has been helping my son to be calmer and control his anger better. We hope this therapy could help our son who is stubborn but still innocent, to conquer his emotional problems/difficulties."

Mrs G on her 10 years old son (07 Jul 2006)
[Conditions: Study Performance / Anger Management]

"I began hypnotherapy to overcome many negative emotions (e.g. anger and sadness) that I have experienced in my life from previous experiences. Hypnosis really helped me to get past this and I feel no anger towards the people who caused the emotions, or when I think about what they did to me. It has improved my confidence greatly as well. I found the sessions relaxing and like the techniques used by my therapist. If I ever needed help on such matters again, I would definitely come back."

Ms D N (09 Jan 2006)
[Conditions: Anxiety / Anger Management]