

"Since the first time we met and a few weeks later, we have witnessed that my son has got rid of his fears, improved his self-esteem and became so much happier. He has been enjoying the sessions as well as incorporating the de-stress ball and CDs to fall asleep easier.

Thank you so much for your guidance. This is making such a big change to our whole family. We also appreciate you as a person and feel lucky that we came to contact you for help."

**Mrs G W – mum of Mstr J W, 10 years old (16 Oct 2007)**

[Condition: Fear of Darkness]

"My objective of doing hypnosis is to rid my phobia of cats. It's been with me for 20 years and several bad experiences "enhanced" this phobia further. Since my therapy started, there is a slight improvement about my fear of cats. My ability to confront the cat has improved e.g. standing at less than a metre away from the cat without walking away. My therapist has constantly reassured and enforced positive thoughts to me throughout our 4 sessions. She's been really great at listening to my "whinnings" and yet professional to do her hypnosis work on me. Thank you! Also thanks to my therapist for being very accommodating to my requests and enquiries."

**Ms K L (10 Oct 2007)**

[Condition: Phobia of Cats]

"I have looked forward to every one of the six sessions taken to combat my fear and help me to feel more relaxed in general. I have felt very confident in your ability and enjoyed and had been grateful for your caring and positive manner. You have given me useful "tools" which I can incorporate into my daily routine, and I feel more positive about my own strengths. Thank You."

**Ms C R (02 Oct 2007)**

[Condition: Fear / Phobia]

"Hi! I've done something what I thought I couldn't do in my whole life. Some told me to give up, but I didn't. Honestly, hypnotherapy is the last chance I have given myself. And it worked. I am glad to say it worked so well that I actually swam without fear. So here we have a girl who used to cry and shout about her fear of water, but now this girl is no longer shouting, nor is she crying as she can swim. Yes, that girl is me and I am proud to say I have got rid of my fear of water. Thanks!"

**Ms M N (31 Jul 2007)**

[Condition: Phobia of Water]

"Dear therapist at Hypnae Center, I am a senior manager involved in international business and in the last 20 years, I have been regularly flying around the area and to Europe. I never enjoyed flying. I was always afraid of flying and got particularly nervous during turbulences and when the weather was bad. When my wife joined your hypnosis course, I am quite open minded but, having no experience with hypnosis and remembering all stories of hypnosis on stage, I was quite skeptical. Nevertheless, I jumped over my own shadow and came to a treatment only a few days before my next trip to Europe.

I can say – it is close to a miracle. I went to the airport without my usual nervousness, checked in and flew. In the meantime, I have taken a few more flights and the positive result remains. I still do not enjoy flying but my anxiety has disappeared to a great extend and I deal with turbulences much better. Thanks to Hypnae Center."

**Mr H B (28 Jul 2007)**  
[Condition: Phobia of Flying]

**“At first, I was apprehensive about using hypnotherapy to treat my claustrophobia. However, after consulting with my therapist who explained the truth about hypnotherapy, I decided to go ahead with the sessions. I am happy to say that upon completion of my therapy, I am able to travel in a small vehicle without feeling terrified, able to sit throughout an entire meeting without breaking into cold sweat. In addition, I no longer avoid crowded places. I am glad that I took the step to seek my therapist’s help. I will recommend hypnotherapy and Hypnae Center to anyone who wants to lead a successful life.”**

**Ms T N (02 May 07)**  
[Condition: Claustrophobia]

**"Dear therapist, my fear of cats has been with me for a very long time and because of this fear, I have not been to hawker centre for my meals. Even on the streets when I see cats, I will turn and walk away quickly. After my session with you, things have changed! My fear of cats has been taken away, and it’s such a relief... I can now confidently visit the hawker centre and have my favorite food. Now, when I see cats on the streets, I do not need to hide or walk away from them. Thanks a million!"**

**Ms S H (01 Feb 2007)**  
[Condition: Phobia of Cats]

**“I came to Hypnae Center because of some fear. After a few sessions, my fear is getting better. Hypnosis really helps people to release in term of fear which I was exposed. Thank you, to my therapist.”**

**Mr S L (04 Mar 2006)**  
[Condition: Fear]

**“Hypnosis is a therapy relatively few understand. Even fewer are willing to experience it due to misconceptions about hypnotherapy. My therapist was able to put me at ease and help me overcome my fear and enjoy my first hypnotherapy session in a comfortable and relaxing setting.”**

**Dr S N (02 Mar 2006)**  
[Condition: Fear]