

“Dear therapist, I have been really great as I am more confident in myself and not as afraid of wind, thunder, lightning, and darkness as before. Before all this therapy I would tend to shiver, panic and ran to my house’s storeroom to hide whenever the sky turns dark and there is a sound of wind hitting the window, but after all this therapy, I am standing on my foot once again and have more confident in myself and not afraid of these fears anymore. Now my mom and dad is happy so is my therapist and I feel that I gave them the most I can do and recover. ”

Miss C N – 11 years old (27 Dec 2008)

[Conditions: Phobia of thunder, stormy weather / Anger Management / Phobia of height]

“Dear therapist, a word of appreciation. Thank you to get rid of my “fear of lizard”. For so many years I was facing this problem; don’t know where to get help. The fear stage was so badly. For example: if I see a lizard in my room, no matter what time, sometimes midnight, I am so sensitive of the lizard sound I will wake up and make sure my husband will get rid of the lizard from the room. I feel so bad for him but I just couldn’t help it.

Thank you again that you had given me an opportunity to be free from lizard. Nowadays, I kill the lizard by myself. That’s great!! Thank you. ”

Mr V G (29 Nov 2008)

[Condition: Fear of Lizard]

“I think hypnosis is very relaxing therapy. I enjoyed it very much especially you music that played during the sessions. I also like that the therapists are very kind and patient with my reaction and progress. I hope I will not be afraid of flying anymore as travelling is very much a part of my life. I will be positive. Thank you very much for your treatment.”

Ms V K - 44 years old (14 Oct 2008)

[Condition: Phobia of Flying]

“I feel a lot more relaxed after the sessions and I am no longer scared of cats”

Ms S M - 28 years old (8 Oct 2008)

[Conditions: Phobia of cats / Anxiety]

“Dear therapist, thank you very much for giving me the opportunity to address my fear. The reason I came was because of a growing fear of flying which now seems so secondary to the fear I have really overcome. Yes, I feel that I can get on a plane and feel completely relaxed. But far more importantly, I feel I have taken back and perhaps taken only for the first time – control over my life and even my own decisions and choices. I am very clear now about how to support and trust my daughter, but only because I have learned to support and trust myself. As they say on an airplane you have to put your own oxygen mask on first before assisting others, and I now really do understand why! ”

Ms P D (27 Sept 2008)

[Conditions: Fear of flying / Relationship]

“Thank you for helping me. Now I can join in my mother’s friends’ conversation! They were very shocked because I have always been very shy. And I also can stay in the kitchen all by myself, my mother was very happy. She said that before therapy, I did not dare to stay anywhere alone but yesterday was the first time staying alone!”

Miss L L - 10 years old (11 Aug 2008)

[Conditions: Tics / Confidence Building / Fear of Darkness]

“I am glad that I read about hypnotherapy for my daughter’s tics. I was more aware after attending the first consultation and more informed of how it can help her. Amazed to see the results even after the very first session – she is more confident and cheerful. By the 5th session she is quite a changed personality – she dotes on her sister (not before) openly and not afraid of darkness. Though we came for her facial tics – hypnotherapy has worked on her overall well-being it seems. And her facial tics seem to have gone if not much less.”

Mrs L M L – mum of Miss L L (11 Aug 2008)

[Conditions: Tics / Confidence Building / Fear of Darkness]

“I have enjoyed the experience of hypnosis therapy. I feel great and more confident each time I step out the door after a session. And it then continues through out my day and into my home and family. It has given me the confidence to be positive in all circumstances in such a gentle way. I look forwards to trying out my new life without “claustrophobia” and without it controlling me. Thank you for your services and expertise.”

Ms D M – 48 years old (24 Jun 2008)

[Conditions: Confidence / Claustrophobia]

“Hypnotherapy was useful in helping me to deal with my phobia of cats and reduce anxiety level.”

Ms C M H – 33 years old (23 Jun 2008)

[Conditions: Phobia of Cats / Anxiety]

“Since I did hypnosis with Hypnae Center, I have gained a great deal of confidence. It helps me to be happier and also less stressful. Although I was skeptical at first when hypnosis was introduced to me, it must be a good decision I have made so far. The sessions help me improve every aspects of my life in every way.”

Ms R S – 32 years old (28 May 2008)

[Conditions: Confidence / Phobia of Cats]

“Dear therapist, a week ago, I came in still skeptical about hypnotherapy. And I can’t say I was entirely convinced after my 1st session. But as you say, ‘proof of pudding is in the eating’, yesterday after 5 sessions, I was bobbing up and down quite happily in the pool. There was no more tightness in my breathing. I wasn’t sinking like a stone in the pool. I was relaxed enough to feel myself float, to walk away from the pool’s edge, open my eyes to look at the pool floor... all these I would not have done before my therapy.

So thanks again Hypnae Center for the great work you have done in helping me to be released from my fear. I don’t quite believe in the same God but I hope He blesses you for the good that you’re doing in the lives of others.”

Mdm T H Y - 46 years old (10 May 2008)

[Condition: Phobia of Water]