



# *Hypnotherapy Clinic Kildare.*

**Private practice of  
Gerard Coleman  
A.D.C.H.P M.I.C.H.P**

**4 Drumcree Court.  
Kildare Town  
Co. Kildare**

**(Psychotherapy through Hypnosis)  
CAN SUCESSFULLY TREAT**

Drinking Smoking Slimming Nail-biting Some Skin Disorders Allergies Nervous Tension &Anxiety Fears & Compulsions Nightmares Insomnia Fetishes Enuresis (Bed Wetting) Shyness & Blushing Relaxation Sports Motivation Compulsions Phobias Nervousness & Decision making	Claustrophobia Public Speaking & Confidence Migraine Addictions Asthma Blood Pressure Blushing Eating Disorders Emotional Problems Frustrations Guilt Feelings Headaches Inhibitions Irritable Bowel Syndrome Panic Attacks Self Esteem Depression Study	Pain Control, Sexual Problems Shame Stress Stuttering Tinnitus Travel Freight Twitching Ulcers Assertiveness Concentration Communications Creativity Exam Nerves Goal Setting Independence Memory Motivation Survivors of abuse/trauma Sexual Abuse
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*Utilise the power of your mind.*



- Hypnotherapist,
- Hypno-Analyst,
- Psychotherapist, Specialist in
- HypnoAnalytical Psychotherapy.

### Specialising in

Smoking Cessation  
Weight Loss, Obesity,  
Anorexia, Bulimia.



Current member of  
Institute of Clinical Hypnotherapy &  
Psychotherapy

Bookings by appointment only  
087 4152599  
045 530387  
[www.kildarehypnosis.com](http://www.kildarehypnosis.com)

ichp- [www.hypnosiseire.com](http://www.hypnosiseire.com)  
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email: [gerry@kildarehypnosis.com](mailto:gerry@kildarehypnosis.com)

### About Gerard A. Coleman

Gerard is a graduate of the Institute of Clinical Hypnotherapy & Psychotherapy. Gerard holds both a Diploma and an Advanced Diploma in Clinical Hypnotherapy & Psychotherapy.

In 2006 Gerard is complementing his studies in Hypnotherapy with a Diploma in Eating Disorders with the Eating Disorder Resource Centre of Ireland. He compliments his practice with N.L.P. Gerard's approach is professional, non-judgemental, non-threatening and enjoyable. Gerard specializes in the treatment of

- Smoking Cessation
- Weight Loss/Body Image
- Obesity
- Bulimia
- Anorexia

There are two types of treatment in Conscious Hypnosis:

**Suggestion Therapy.**

Which works well for simpler problems e.g. Smoking, nail-biting, business skills, sports performance and study skills etc.

**Analytical Therapy.**

Briefly this finds the cause of the problem or symptoms and removes it, thus causing lasting relief. The moment of liberating enlightenment may occur at any time but usually around session six.

*“The problem is within the client, but outside their control”*

*“Actually, all effective therapy seems to involve Hypnotherapy”*

**Dr. Burton.**

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### What is Hypnosis?

A state of relaxation and concentration at one with a state of heightened awareness induced by suggestion. It is a non addictive power for good and is a natural manifestation of the mind at work.

### Are there people you cannot Hypnotise?

No. (except the mentally handicapped, although of course the degree it varies from person to person).

### Are drugs or tablets used?

No.

### Shall I be aware of what's happening?

Yes. Most people remark – “It didn't work for me, I never went under”.

### Am I asleep then?

No. You are simply relaxed. This is why the technique is called “conscious Hypnosis.”

### Is there any cause at all for concern?

None whatsoever.

### How many visits will I need?

Simple problems such as those for suggestion therapy require 1 – 3 sessions. Analytical therapy on average takes 6 – 10 sessions.

### Can I be influenced to do anything against my will?

Absolutely Not. You would simply open your eyes and tell the therapist what you thought of the suggestion. Hypnosis in reality has nothing to do with what you know and see as stage hypnosis on TV.

### Case Histories

#### Married Woman 35 years.

**Consulted for:** Nervousness at pending birth of child.

**Notes:** Suggestion therapy relaxed the client, found the birth “relaxing and enjoyable” with the aid of drugs.

#### Married Woman 50 years.

**Consulted for:** Smoked 55 cigarettes per day.

**Notes:** Client stopped smoking, got a greater control over her life and faced the future with confidence.

#### Single Woman. 30 years.

**Consulted with:** Fear of the dark, unknown, Flying and Death.

**Notes:** Cause and effect removed. Feels free to start to live her life again.

#### Married Man mid 50's.

**Consulted for:** Low confidence and self esteem.

**Notes:** Client also suffered insomnia, nervousness and Depression. Cause and effect removed due to an abusive childhood. Client was able to find peace within him-self and was positive about his future.

Remember, when the pain of holding on, is greater then letting go, then talk to me as to how Hypnotherapy can help you.

For other examples and testimonials see website: [www.kildarehypnosis.com](http://www.kildarehypnosis.com)

#### Courses in:

Past Life Regression  
Hypnosis & Dream work  
Cutting the ties  
Hypnotherapy/Psychotherapy  
Healing the Inner Child  
Held every month.  
Please Phone for details.  
Questions and Answers.

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## Consultation Fees (Free Hypnotic tape valued at €25)

All consultations are strictly by appointment only and confidentiality is assured. Each person and each challenge is unique. Therefore, the number of consultations varies. Suggestion Therapy usually takes 1 session which includes a **FREE HYPNOTHERAPY CD** to reinforce the sessions at home. Analytical therapy usually takes 6 – 10 sessions which also includes a Free HYPNOTHERAPY CD. For details of fees please contact Gerard directly on **045 530387** or **087 4152599**.

### Suggestion Therapy.

Suggestion Therapy is most suitable for relaxation, pre-test nerves, public speaking, memory improvement, business skills, sports performance, nail biting, smoking cessation, flying and study habits etc. There is no introductory talk required for suggestion therapy.

### Analytical Therapy.

(For all other problems other than the above mentioned in the suggestion therapy box). Requires separately weekly sessions of approx.

1 ½ hours. This is a totally private and individual therapy. The first session is concerned with finding out about your problem and assessing how best to treat it.

### Introductory Consultation - No Fee.

Should you wish to come and discuss your problem before embarking on therapy, please phone and mention "introductory consultation," which usually takes 30 minutes.

Disclaimer.

Hypnotherapy is as individual as the therapist, and the comments, successes and claims in this brochure or website should not be considered general to all therapists or therapies.

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**Bookings should be made by phone.**

**Phone 045 530387 or 087 4152599.**

**By appointment only.**

I would like to thank all the people who gave permission to use their details as therapeutic examples. I hope it may give other people the courage to seek therapy, so as to help them get more enjoyment from their life.

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