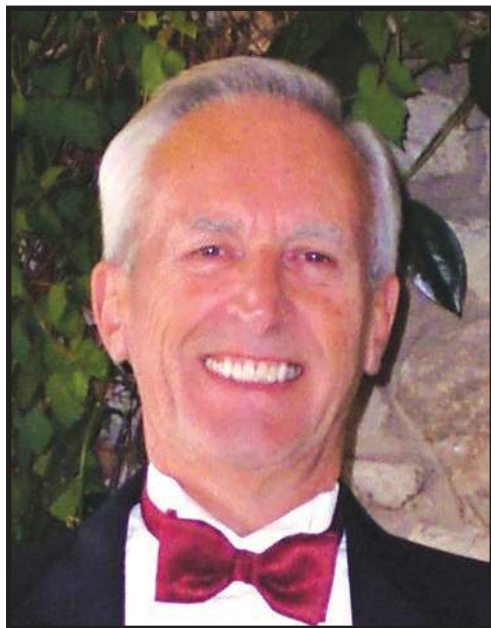


HYPNOTHERAPY



By DEN CLARE

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With Introductions by
Paul McKenna, Bill Buckley and a local Doctor

I have published this booklet to help dispel some of the misconceptions and answer a few of your likely questions about **HYPNOSIS**. However, please remember that this is only a brief guide to a vast subject which is as old as man himself.

Firstly, I would stress Hypnotherapy **DOES NOT** replace medical treatment but is intended to supplement it - to work hand in hand. I frequently accept medical referrals and would advise you to inform your doctor if you come to me with a medically related problem.

With numerous improvements in our daily standard of living, many major physical illnesses such as T.B., Typhoid and Cholera have virtually been conquered. However, with the increased demands and pressures brought upon us by modern society, emotional problems still abound. Drugs are so often only a temporary help in these cases suppressing the real problem, **NOT** resolving it. Our doctors, through no fault of their own, simply do not have time to counsel and advise in cases of stress, so often the approach to nervous problems is to treat symptoms.

The medical profession deserves the highest regard and respect for the wonderful advancement towards the welfare of mankind, but for the G.P., time is their enemy.

Drugs often suppress the symptom without resolving the cause. The result may be dependency on the drug for many years, side effects and possibly substitute symptoms as well as failure to resolve the true problem.

We can greatly improve our chances of living a long and healthy life by resolving conscious and sub-conscious conflicts and learning to like and love ourselves, and others, more fully.

HYPNOSIS can often help, naturally, to reach the sub-conscious motivation underlying these symptoms and provide relief through self-understanding, raised consciousness and awareness of our own creative intelligence.

If you have an emotional problem, addiction or phobia there is always a reason why. When these problems are resolved a richer and more fulfilling life is open to you. So much of our experience is from the microcosm of our earlier family life and we have to learn to enlarge our frame of reference to the outer world and put past experiences into perspective. Human beings are equipped inherently with vast intelligence and a great capacity to enjoy life. Life should be **ZESTFUL** - loving and consisting of cooperative relationships with others. How are you functioning?

That there is a power of the mind over the body cannot be denied. There is a natural Healing Energy within the Universe that encourages the integration of body, mind and spirit - learn to use it.

Remember, if you value your life don't let anything I say in my booklet keep you from a good medical doctor when you are ill.

FROM A LOCAL DOCTOR

TO DEN CLARE,

Alternative therapies are complementary to traditional medicine. Indeed many Doctors practise the more established alternative treatments such as Hypnosis, Osteopathy and Homeopathy as part of their daily work.

The demands of the N.H.S. in terms of time available per consultation means that many doctors recognise the value of their patients receiving additional help from the complementary therapist.

Hypnosis is a very valuable aid to psychologically based problems such as smoking, obesity, anxiety and where psychological problems influence medical diseases, such as asthma and eczema.

Those therapists devoting time to counselling as part of their therapy will satisfy the needs of many of their clients. This is particularly true of Hypnotherapy.



Should you try Hypnotherapy?

By

The Late Dr. Douglas Quantrill

Before I retired I was Medical Officer of Health for the Island for about thirty years and in that capacity I had, from time to time, to review the health or rather the ill health of the Island community. What did I find? I found that the main health hazards were addictions to cigarettes, alcohol and overeating. Advice was therefore given to discourage these addictions but it had little effect. Telling people to give up smoking for example is easier said than done!

We Doctors are not always much help with these problems. We cannot always control even our own addictions, as everyone knows!

In recent years, however, considerable success has resulted from hypnosis and anti-smoking clinics run by a Hypnotherapist which became quite popular on the Isle of Wight.

If Hypnotherapy can help those addicted to tobacco it should, of course, help people with other addictions especially the addiction to food which causes obesity - still one of the biggest health problems in the Country. Most people try special diets, but very often fail to keep to them for any length of time. Pills that reduce the appetite may help but many Doctors, and I am one of them, think that taking pills is too risky. The advantage of Hypnotherapy is that it has no bad effects and does not demand an excessive amount of will power.

The commonest minor ailment which Doctors have to deal with is probably insomnia. Sleeping pills can, of course, be taken very occasionally, but too many people take them regularly and either become addicted to them or suffer from the side effects. Hypnotherapy is very helpful to people with sleeping problems. It is also so good at relaxing people that some dentists use it instead of anaesthetic when taking teeth out. I must point out, however, that one would not need a hypnotherapist every night in order to get to sleep! You can be taught SELF HYPNOSIS which enables you to put yourself to sleep.

I know it works because I have tried it!

From Bill Buckley - Radio and T.V. Presenter

"I first met Den seven years ago when he was a guest on my programme on BBC Radio Solent. He hypnotised me before the show, and it was a delightful and surprising experience.

Like many people new to hypnosis, I imagined I would be totally in his power, behaving like an automaton. Instead I felt relaxed and peaceful and in control. I felt I could bring the session to an end at anytime, but I certainly didn't want to because it was so nice!

I am pleased to say I don't have any major problems I want to put right - I don't smoke, I am not afraid of heights or spiders, I don't lack confidence for example. (I must be either extremely fortunate or very bad at spotting my own shortcomings!). Anyway, because of this, I can't personally say that hypnosis has changed my life, but I know Den HAS changed many lives, sometimes after just one session of hypnosis.

I hope that you enjoy reading this booklet, and I am sure you will find, as I did, that the more you know about the subject, the more beneficial, harmless and fascinating hypnosis turns out to be."

From The Hypnotic World of Paul Mckenna T.V. Personality

**Written to Den after he attended a Seminar with Paul in a London
Hospital**

Dear Den,

Hypnosis is an extremely powerful psychological technique. It can be particularly helpful with overcoming certain problems, fears, phobias and for behavioural changes like stopping smoking and losing weight amongst others.

Your brain is the world's most advanced bio-computer. Hypnosis is a very effective way of communicating with your unconscious mind, the larger mind, which is all your wisdom, memories and the true potential, so you could say that hypnotherapy is positive software for your brain.

Best Wishes,
Paul

**From Gill Boyne - Director of the Hypnotism Training
Institute of Los Angeles, California**

To Den,
Colleague, Lover of People, Extraordinary Helper!!!!



ABOUT HYPNOSIS

So, you've ventured this far - acknowledged a need for change - contemplated - taken action by sending for this booklet—now what is ***HYPNOSIS?***

Firstly, let me make it clear what it is ***NOT***. Hypnosis is ***NOT*** sleep, unconsciousness, surrender of your will, weakness, influence or control by another.

It is a **self-induced** state of heightened suggestibility and relaxation, often gained by the help of another in which the deeper parts of the subconscious programming can be reached. It is a pleasant state of awareness which can be achieved to some degree by 95% of the public. The main requirements are motivation, co-operation and rapport between therapist and client. A warm peaceful environment free from distractions helps. A trust in the therapist then helps develop and build belief and expectation.

It is very important that doubts and fears are dispelled although it is, of course, natural that you may feel inhibited at first about this “different” use of your mind.

Once the state of hypnosis is induced, therapeutic suggestions may be given and old habit patterns analysed and changed.

Whilst not in itself a “cure” for anything - the state of hypnosis has helped many people to change for the better - why not ***YOU?***

Just realise that your own desire to improve is one of the most valuable resources that you have in changing your situation. Be willing to make the commitment to help yourself.

HYPNOSIS – EXTRA THOUGHTS

I think it is generally accepted that positive, optimistic people have a higher resistance to disease. They are, for example, far less likely to suffer from the common cold.

Rule one of the mind is - “that which is expected tends to be realised” and I hope that, with the use of hypnosis, I can encourage **YOU** to live your life more fully, healthily – positively.

Some people fear hypnosis because they believe that they are under someone’s control or asleep. This is just not true. Your mind is yours and you control it. What you can learn to do however is to reprogram some of the subconscious conditioning from early childhood which has given you a negative outlook, fear or phobia.

The first requisite is a rapport or mutual trust between therapist and client and this is where it all begins. There are then techniques to establish degrees of relaxation or trance state - all of which are states of awareness. The beta brainwaves are lessened and the alpha waves of calmness developed, all in a natural way, using each individual’s own resource states.

This leads to a heightened suggestibility which can be used for many and varied excellent results based on the individual’s aims.

Stage hypnosis is of very little value other than to demonstrate suggestibility but often extrovert and specific personality types are selected and the performance is usually degrading for the participant. This also is **NOT** what hypnosis is really about.

REGRESSION is also a very useful technique to get back to previous experiences which have had a detrimental effect and can help with many stubborn complaints.

We use only a minute fraction of the capacity of our minds - allow the expansion of your capabilities - tackle that limitation - live more fully and be **YOURSELF**.

***HYPNOSIS CONVERTS A HABIT INTO A CHOICE -
GET HYPNOTISED***

***Here are a few extracts from the many hundreds of ORIGINAL
letters received personally by Mr Clare, who in 2020 will be
enjoying his 40th year of practice.***

“My starting weight was 20 stone 12lbs and I am now 10 stone 12 lbs,
nearly down to my target weight of 10 stone.”

“After 40 years of smoking I can now truthfully say I am a non-smoker.
I cannot thank you enough.”

“Just to say a very big thank you for enabling me after 6 failures to pass
my driving test at the seventh attempt. I had always been very nervous
on my tests but this time I did not feel nervous at all, and it was all due
to your help.”

“Words cannot express how grateful I am to you”

“Much healthier. I am sleeping better. The sickness has gone.”

“Depression has become a thing of the past.”

“I have found beginning to unfold a complete and utter transformation
of my entire personality, for the better.”

“Never before have I found dieting so easy. I find your sessions very
relaxing.”

“I thank you for curing my migraines and fear of flying.”

“Thanks Den”

ABOUT YOUR THERAPY

These are some of the questions most commonly asked:

IS IT CONFIDENTIAL?

YES - absolutely!

WHAT IS HYPNOSIS?

A precise definition is difficult to obtain but it is a SELF induced state of relaxation and heightened suggestibility during which the deeper parts of the subconscious mind become more accessible.

HOW IS IT DONE?

To induce hypnosis the therapist uses his voice to talk you into deep relaxation.

HOW WILL I FEEL?

You will usually feel relaxed and drowsy during hypnosis and after your session you will feel thoroughly refreshed.

SHALL I BE AWARE OF WHAT IS GOING ON?

Usually you are completely aware of what is happening while you are in the light hypnosis used in therapy. Unless you give yourself a suggestion to the contrary, and accept it, you can speak and, if you want to, open your eyes at any stage.

WHAT IF I RESIST?

It's your mind – you are in complete control. As you are coming for help you presumably will co-operate as much as possible. A “strong will” is excellent, you can use it to help yourself.

IS IT SLEEP?

No, hypnosis is **NOT** sleep.

ARE THERE ANY SIDE EFFECTS?

Yes, but only beneficial ones, like the reduction of stress and anxiety and removal of tension; nothing that would be liable to impair your abilities.

SHALL I TELL MY DOCTOR?

Yes, let your Doctor know that you are considering Hypnotherapy. Most local G.P.'s have some knowledge of hypnosis, and many know of Mr Clare. Your Doctor has probably had a lot of feed back already and may be one of those who recommends Den, who has been in practice on the Isle of Wight since 1980.

MAY I TALK ABOUT MY PROBLEM FIRST?

Yes. Your first appointment will always include time for discussion and give you a chance to air any worries or reservations. I only ask that you are as honest and frank as possible to gain the maximum benefit.

MAY I SMOKE?

No. You may not smoke in any part of the consultancy as it is my home and I choose it to be smoke free.

MAY I BRING A FRIEND WITH ME?

Certainly. There is a comfortable lounge where an accompanying friend will be made most welcome by the receptionist.

COGNITIVE BEHAVIOURAL THERAPY

+

HYPNOTHERAPY

=

COGNITIVE BEHAVIOURAL HYPNOTHERAPY

Den is certified with the Adam Eason School as a certified Cognitive Behavioural Therapist and with the Minnesota Institute as a Cognitive Behavioural Coach. He has also successfully completed a further CBT award with Higher Distinction from Oplex careers.

STOP SMOKING

Many people could have lived 10 or 20 years longer if they had not smoked, as every cigarette smoked reduces a normal life span by five and a half minutes. Among 1,000 young men who smoke, about 6 will be killed on the roads but about 250 will be killed before their time by tobacco. The risk of dying from heart disease is more than doubled by smoking – smokers also being up to 10 times more likely to contract cancer of the mouth or throat and twenty-five times more likely to develop lung cancer than their non-smoking friends. Women who smoke during pregnancy greatly increase the risk of miscarriage or still birth and of affecting their unborn child physically and mentally. *Ask your Doctor.*

Ninety-five percent of people who suffer from bronchitis are smokers. Substances in tobacco cause inflammation of the bronchioles in the lungs, they become congested, secrete mucus and thus prevent the entry and exit of air.

One drop of nicotine (about 70 milligrams), if injected, can kill an average man within minutes. People who smoke more than 20 cigarettes a day have twice as much time off work through illness as non smokers. The carbon monoxide which is in high concentration in cigarette smoke seriously impairs the blood's ability to transport oxygen.

Now do you really want to give up smoking? If so hypnosis can help. And let me assure you that when you do stop, you will start to live longer, have a better quality of life, your heart and lungs will work more efficiently and you will have more stamina for work and play. You will suffer fewer colds, you will smell better **AND** have more money! Convinced?

Smoking 40 cigarettes a day at today's prices will cost you about £7,280 this year - £72,800 over the next 10 years (without interest and price increases). Why not have a new car, a holiday, a new wardrobe of clothes or pay off the mortgage instead?

Then think of the minimal cost of stopping smoking using **HYPNOSIS**.
Would you take **POISON**?
Don't be silly! Then **WHY SMOKE**?

On your first visit we will discuss your smoking habit and its history and your reasons for wanting to stop smoking. You will reduce the number of cigarettes that you are smoking in preparation for stopping on your second session.

On your second visit you become a **NON-SMOKER**. If for any reason at any time after you stop, you are tempted to smoke (unusual) call me for a **FREE** reinforcement stopper - before you reach for the dreaded weed!

A supportive C.D. is available for use at home if required.

N.L.P. NEURO LINGUISTIC PROGRAMMING

Is a method used to manage emotional states and promote personal development. It was developed in the 1970s by self-help author and mathematician, Richard Bandler and linguist John Grinder, after studying tapes of therapy sessions performed by Gestalt therapist Fritz Perls. The name comes from **N** Neurology, the study of the mind and nervous system; how we think, **L** Linguistics, the study and use of language, and **P** Programming, the sequence of our actions; how we motivate ourselves to achieve goals.

It is about the client's perception of the world, how one sees and reacts to events and how to reprogramme those responses, and fits in very neatly with cognitive behavioural therapy. After enjoying a fascinating day using Hypnosis and NLP, with Paul McKenna and Richard Bandler, I completed a certification course with Dr Steve J. Jones of the American Union of NLP.

LOSE WEIGHT

Your body is the baggage you must carry through life. The more excess baggage, the shorter your trip!

If you are overweight you are, or have been, eating more food than you need. Fat comes from food and the way to diet is to educate yourself to eat less and change your old eating habits. This process is greatly enhanced if combined with a slightly increased exercise programme. There is no magic in this.

Many people stray from diets because they feel tense, lonely or frustrated with their lives, so they eat to compensate. The main cause of being overweight is comfort eating. This is the pattern that must be tackled at a subconscious level, as it began years before when the mouth became an area of comfort and pleasure for the baby as they were fed - oral gratification.

When you go on a diet you appear to be in a state of deprivation. The image takes over and you start to think of all the foods which you are not allowed to eatThey seem even more desirable because they are “banned”, and the most “comforting” foods are usually the most fattening.

Hypnosis strengthens the will power using the imagination to act for you - to do the things you really want to do - eat sensibly, get slim, be more energetic.

The first stage at the Consultancy is to be weighed, work out a target weight, discuss your “problem” foods and “problem” times, and talk about emotional influences. Your aims are fully discussed. You are then given hypnosis to enable you to achieve your objective and follow on sessions are available to you, if required, until you reach your target weight. Each session begins with a period of counselling.

A supportive C.D. is available for use at home if required.

COPE WITH STRESS

Before we can learn to cope with stress we must look at what it actually is. Broadly speaking stress is the result of any stimulus from the environment that disrupts the body's balanced physical, chemical or mental functioning. This can be anything from a stubbed toe to a piece of bad news. When the brain is alerted by fear, the endocrine system is also alerted. Messages go to the hypothalamus deep in the brain and from there to the nearby pituitary, which triggers the adrenal glands to produce a hormone called adrenaline. This adrenaline can also be produced by excitement, pleasure and enjoyment. This acts on muscles, blood vessels, skin, sweat glands, the digestive system, almost every part of the complex human body.

Muscles tense, blood vessels constrict or relax, the heart beats faster, breathing becomes more rapid, the mouth may get dry, the skin sweat. The pancreas may pump out different levels of insulin. This, at a more severe level is the "panic attack", the "fight or flight" response from primitive times, where the body utilises it's natural inbuilt defence mechanisms.

Some "stress" is beneficial and stimulating and different personality types have varying levels of ability to cope with their stress. Stress is rather like an electric load on our circuit, some of us have 3 amp fuses, some a 13 amp and some even higher. Our "tolerance" is partly hereditary and partly environmental and self learned.

Excess stress can aggravate chronic health problems and lead to smoking, alcoholism, depression, migraine, asthma, ulcers - the list is endless.

Tranquillisers generally only remove or quieten the symptoms.

There are many techniques which have been developed to combat stress – including meditation, T.M., yoga and biofeedback, but here we are concerned with **HYPNOSIS**.

In stress control it is used to turn off the “fight or flight” response mechanism, balance the two branches of the autonomic nervous system – the sympathetic and the parasympathetic - and to create physical and mental relaxation combined with feelings of inner peace, harmony and well being.

So whilst not a panacea for all ills, hypnosis is a perfectly safe, effective and natural way to help combat stress and to learn to **RELAX**.

A supportive C.D. is available for use at home if required.

APPLICATIONS

The following is the list of some of the problems which have been successfully treated with **HYPNOSIS**:

Smoking	Weight Control	Lack of Confidence
Hypertension	Fears	Insomnia
Impotency	Alcoholism	Allergies
Pre Menstrual Tension	Claustrophobia	Morning Sickness
Exam Nerves	Panic Attacks	Fear of Swimming
Eating Disorder	Migraine	Nail Biting
Compulsive Habits	Asthma	Stammering
Depression	Blushing	Lack of Concentration
Poor memory	Agoraphobia	Shyness
Amnesia	Psoriasis	Warts
Tics	Indigestion	Bed Wetting
Grief	Post Natal Depression	Fear of Flying
Guilt Feelings	Tension	Anorexia Nervosa
Ulcers	Glue Sniffing	Eczema
Inferiority Complex	Driving Test Nerves	Sport Performance

EXCEL AT SPORT

Hypnosis can help concentration, confidence, accuracy and to relieve the pressure on high power competition. It is a wonderful way to focus your energy when required. It has been used extremely successfully for many sports including weight training, golf, karate, running, boxing, snooker, football, rugby, tennis and squash, to name a few.

The following letter was received from the World Champion Trampolinist in her age group, after a championship in Lubbock in Texas when she returned with a gold medal.

Dear Den,

I am writing to thank you for your help and confidence that you gave me during a difficult time in my career. Without the hypnosis I am sure I would not have coped so well under pressures of winning the World age group Championships. I find hypnosis very relaxing and a good boost before major competitions. Thanks again.

Letter received from the South Midlands Ladies Weight Lifting Champion.

Dear Den,

Well! All I can say is thanks very much, I got a GOLD number one!! Now being the South Midlands Champion. During the competition I was a completely different person. Far better controlled, confident and - well one hundred, even two hundred percent better. I was told I had the best technique out of all the girls there. You would have been proud to have seen your work at work. I did what you said, I went for it and got it. Thanks very much.

PAIN RELIEF

Hypnosis can be extremely useful in pain relief. The source of the pain must always be confirmed first and it is important to check that the person seeking help has been thoroughly examined by their G.P.

In an article in the Isle of Wight County Press on Friday October 7th 1988 reporter Fay Mattsson said:-

“Eight months of recurring hip pain following an accident in January eased considerably after a session of hypnotherapy with Den Clare. During the session he concentrated on the relief of the pain. Before a second session three weeks later the pain was particularly severe.

When he brought me out of hypnosis the pain had **GONE COMPLETELY**, and that night was the first one in eight months that I had not had to take pain killers”.

There is now available a separate C.D. to assist in the control of pain.

NATURAL CHILDBIRTH (HYPNO BIRTHING)

Another C.D. has been added to those available, specifically for use during pregnancy and child birth. I am pleased that Mary Cronk MBE, an Independent Midwife who worked on the Island for many years has contributed in the production of the C.D. prior to her sad demise.

I am sure that it will prove to be an invaluable source of help and inspiration towards the joyful and successful birth of your child.

THOUGHTS FOR THE DAY

There is nothing to fear but fear itself. *Roosevelt*

Whatever you can do, or dream you can. Begin it. Boldness has genius, power and magic in it. *Goethe*

The only way to discover the limits of the possible is to go beyond them to the impossible. *Clarke*

The tragedy of old age is not that one is old, but that one is young. *Wilde*

The first wealth is health. *Emerson*

A thousand mile journey begins with one step. *Lao-Tse*

A block of granite which was an obstacle in the pathway of the weak, became a stepping stone in the pathway of the strong. *Carlyle*

Live your beliefs and you can turn the world around. *Thoreau*

The secret of success is making your vocation your vacation. *Twain*

Never give in. Never give in. Never give in. *Churchill*

They can because they think they can. *Virgil*

It is a funny thing about life; if you refuse to accept anything but the best, you very often get it. *Maugham*

Nothing comes from doing nothing. *Shakespeare*

Your life is an expression of your mind. *Time the Musical*

While one person hesitates because he feels inferior the other is busy making mistakes and becoming superior. *Link*

Old age is like climbing a mountain. You climb from ledge to ledge. The higher you get the more tired and breathless you become, but your view becomes much more extensive. *Anon*

PRESENTATIONS - DEMONSTRATIONS - LECTURES

In my work as a Hypnotherapist one of my main aims is to dispel the fears that surround hypnosis and to counteract the many misconceptions connected with this fascinating subject.

Talks, presentations and demonstrations are the best way to achieve this aim.

These are a few of the groups and organisations that I have made presentations to:-

Women's Institutes	Isle of Wight College
Round Table	41 Club
The Heights	Young Wives Group
Widows and Widowers Association	Arthur Findlay College
Grayshott Hall Health Hydro, Surrey	Young Farmers
Isle of Wight Vegetarian Society	The Portsmouth Temple
Cliff Tops, ISF	Medina High School
Cowes High School	Toc. H.
Townswomen's Guilds	Housewife's Register Group
Rotary Clubs	Ryde Health Clinic
National Association of Theatre Nurses	- St Mary's Hospital
Sandown Wonder Women	Island Professionals
Masonic Lodge, Sandown	Isle of Wight Radio
BBC Radio Solent	Vectis Radio

I am available for talks and seminars time permitting.

ABOUT YOUR THERAPIST

It is essential that you choose your therapist with the utmost care as you are entrusting them with a great responsibility - to help you **CHANGE**. Their depth of experience and their proven success rate is of prime importance as is their reputation in the community.

Den Clare has been a resident of the Isle of Wight since 1960, originating from Aldershot in Hampshire. His first career was in Banking and he then served as a Police Constable in the Hampshire and Isle of Wight Constabulary. He served for a while on the former Sandown - Shanklin Urban District Council in 1970 and on the committee of the local Business Association for some years. He was also a Cub Scout Leader in Shanklin.

Whilst not medically qualified he has studied complementary medicines since the age of 15 and has been a registered healer with the National Federation of Healers since 1976. His Hypnotherapy training began in 1968 and is still ongoing. He is the sole practitioner of the Hypnotherapy Consultancy and a Certified Master Hypnotist (C.M.H.) and Certified Hypnotherapist (C.Hyp) through the Scarborough School in England. He is also fully registered to practice in the states of California and Florida, U.S.A., where he frequently attends seminars, conferences and further instruction.

Also in England, he is a **FULL MEMBER** of the National Council of Psychotherapists (M.N.C.P.) Counselling courses at Surrey University have helped further his understanding of human behaviour. He also holds a Senior Qualification in Hypnotherapy Practice (S.Q.H.P.)

It is absolutely essential that your therapist is fully trained and experienced in their field. Ask questions! How many years have they practised? Are they known to your G.P.? Where did they train?

I was awarded my Diploma from the National Council for Hypnotherapy in 2013.

Hundreds of original testimonials from satisfied clients are available for inspection at Mr Clare's Consultancy.

The Weekly Post reporter who visited Mr Clare to write a feature on slimming with hypnosis stated in her article on Friday May 15th 1981 - "The hypnotherapy had an amazing effect on my life..... and it worked".

In a further article which appeared on March 2nd, 1984 the success of the reporter in stopping smoking was detailed. A full page article about Mr. Clare appeared in the Isle of Wight Clarion on 13th September 1985 and he has written several articles for the Islander Magazine.

He was featured in a full length article entitled "*A visit to the Office of Den Clare in England*" in the American Journal of Hypnotherapy in December 1993.

Den was the guest of John Hannam on 'John Hannam Meets' on Feb 12th, 2010. A mini programme on Solent T.V. featured Den conducting a successful "button phobia" session, which can be viewed on Youtube or on his website. He was also featured in the August 2015 copy of 'Island Life' magazine, and in the same year in Spiritus magazine.

Den has also completed, in October 2013, the Hypnotherapy Practitioner Diploma with the National Council for Hypnotherapy as part of his Continuous Professional Development (C.P.D.). C.P.D. is a requirement which all registered Hypnotherapists should achieve.

He is also a full member of:-

The Institute for Complementary Medicine

The UK training College of Hypnotherapy and Counselling

The International Stress Management Association

The International Association of Counsellors and Therapists U.S.A.

The National Guild of Hypnotists U.S.A.

For a full list of his qualifications, please see his website.

He still finds after many thousands of hypnotic sessions that each one is new and different and considers himself fortunate to be involved in this work.

Hypnotherapists may come and go, there is only one who has advertised weekly on the Isle of Wight throughout the year non stop since 1980. **DEN CLARE.**

ALSO AVAILABLE

Now that you have set out on the quest for self improvement and change, you may at some time require further assistance.

This is offered in various ways:

For individuals or companies and organisations:

SELF HYPNOSIS Course.

This is as taught by Den at the Isle of Wight College in Newport for the past few years. The object of this course is to gain a deeper understanding of the science of self hypnosis. The outcome will be a much greater control of relaxation and an ability to use your subconscious mind more fully.

ADVANCED HYPNOSIS Course.

For those who have completed the above and require more in-depth knowledge and experience.

STRESS CONTROL Course.

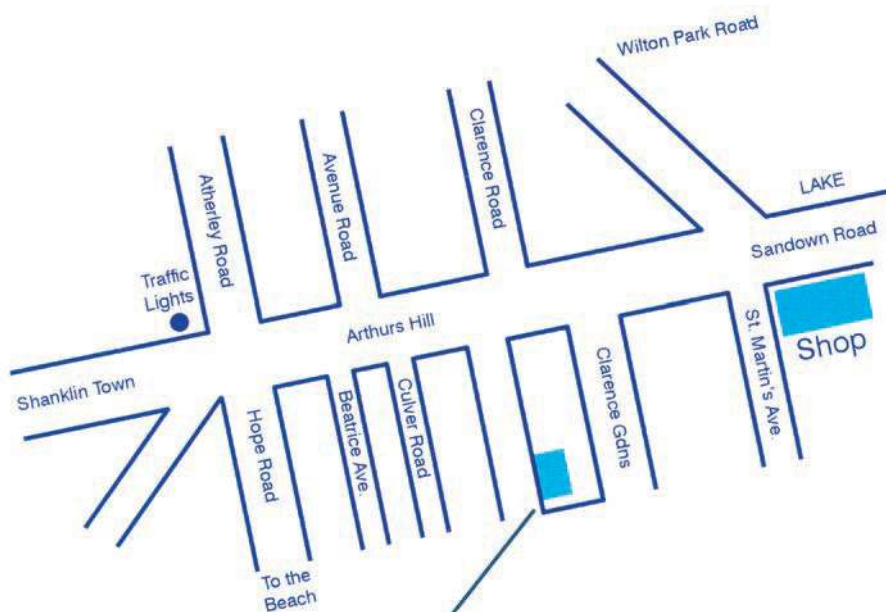
To develop the ability to recognise and deal with stress.

ALSO AVAILABLE ON C.D.

- | | |
|--------------------------|-------------------------------|
| 1. WELLBEING | 8. YOUR HEALING POWER |
| 2. CONFIDENCE | 9. MEDITATION |
| 3. LOSE WEIGHT | 10. HYPNO YOGA |
| 4. STOP SMOKING | 11. HYPNO MEDITATION |
| 5. SELF LOVE | 12. SLEEP CONTROL |
| 6. STRESS CONTROL | 13. SELF HYPNOSIS |
| 7. PAIN RELIEF | 14. NATURAL CHILDBIRTH |

Den is also available for private consultation by the hour.

Man cannot discover new oceans until he has the
courage to lose sight of the shore.
WELCOME TO YOUR VOYAGE!



WE ARE HERE
16, St. Boniface Cliff Road
Shanklin, I.W.

FEES UPON APPLICATION

PLEASE NOTE

I am aware that when I make an appointment Mr Clare has set
aside this time SOLELY for me.

I accept the responsibility upon receipt of this booklet that if I fail
to keep my appointment or to give 24 hours notice of cancellation
in a good cause, I will be liable for half the fee.

'PHONE—ISLE OF WIGHT- (01983 866999)

Disclaimer

The contents of this booklet are for informational and educational purposes, to be used in conjunction with traditional medicine, where applicable. Nothing found here, or on my website, is intended to be a substitute for professional psychological, psychiatric or medical advice, diagnosis, or treatment.

Always seek the advice of your physician or qualified mental health provider with any questions you may have regarding a medical condition or mental disorder. Never disregard professional medical advice or delay in seeking it because of something you have read on my site. No warranties, either express or implied, are made on the information I provide.

Your health and wellbeing are my only concern.



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