



Clinical Hypnotherapy in Edinburgh and online

Understand your mind. Feel calmer. Take control.

An evidence-based approach combining solution-focused therapy, therapeutic hypnosis and clear brain-based explanations.

I can help with:

- Stress & anxiety
- Emotional regulation
- Low mood & overwhelm
- Confidence & self-esteem
- Fears & phobias
- IBS and chronic pain
- Performance challenges

Book an Initial Consultation
In person or online.

Contact Us: 07469 797 133
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*Working with adults and young people aged 12+.
Registered with CNHC and AfSFH.*