Yungnar Hypnotherapy

Service Overview for Referring Organisations

Supporting people to make lasting positive changes

I provide professional online hypnotherapy sessions for adults across the UK and worldwide. I work with people who want to overcome challenges that are limiting their lives, helping them understand how their mind works and develop practical, lasting strategies for change.

Areas of support

- Anxiety and excessive worry
- Stress and overwhelm
- Low confidence and self-esteem
- Unhelpful habits and behaviours (including smoking and vaping cessation)
- Processing the impact of traumatic or distressing experiences using appropriate hypnotherapeutic approaches

Every client is treated as an individual. There is no "one size fits all" programme, and therapy is tailored to each person's goals and circumstances.

My approach

My approach combines Cognitive Behavioural Therapy techniques and hypnosis to help clients create change that feels natural and sustainable. Sessions are collaborative, compassionate and focused on helping clients build skills they can continue using long after therapy has ended.
Appointments are delivered online via Zoom, making support accessible regardless of location.

Professional standards

- Qualified Cognitive Behavioural Hypnotherapist (HDip CBH)
- BSc (Hons) Biology
- Registered with the General Hypnotherapy Register (GHR)
- Fully insured
- Regular professional supervision
- Committed to ethical practice and continuing professional development
- Current DBS

What clients say

Recent client feedback describes feeling calmer, more confident, improved sleep quality and better equipped to cope with life's challenges. Clients have commented on feeling truly understood, gaining practical tools they continue to use, and making positive changes that have lasted beyond therapy.

Referrals

I welcome referrals from employers, charities, support organisations and healthcare professionals where hypnotherapy is an appropriate intervention.
Where a person's needs fall outside my professional competence or require specialist mental health or medical support, I will always recommend that they seek the most appropriate service.
If you would like to discuss whether someone may benefit from hypnotherapy before referral, I am happy to have an informal conversation before the referral is made.

Website: www.yungnarhypnotherapy.co.uk
Email: yungnarhypnotherapy@gmail.com
Insta: yungnarhypnotherapy