

junemitchell

Neuro-Linguistic Programming

Hypnotherapy

Energy Psychology (EFT)

www.junemitchell.co.uk

overcome anxiety,
stress, addiction,
fears & phobias

work through
relationship issues,
emotional traumas
& build confidence

eliminate unwanted
habits & behaviours

create a compelling
future with personal
success coaching

the therapist....

At times we all experience issues and problems and we would no doubt benefit from paying a visit to an understanding, professionally trained therapist...

June is renowned for her skills as a therapist and coach. She uses a combination of powerful techniques that help with emotional, psychological and behavioural issues. A perceptive and intuitive practitioner, her gentle and direct way of getting to the root of the issue has earned her an excellent reputation in her field. With a career in nursing, teaching and therapy spanning 20 years, June has supported countless people through many difficult issues and life changes and believes that people can find and create their own resources to bring about the change they desire.

"I have seen and heard people overcome many difficulties in their lives and become empowered to achieve real change. I feel truly privileged to be a part of that."

June is an accredited member of the Association of NLP Practitioners, the British Institute of Hypnotherapy and the Association for the advancement of Meridian Energy Therapies. She is a co-founder of Piece NLP training and development (NLP training and workshops) see www.piecenlp.com

June Mitchell

BA Hons (Psych). PGCEd.
BIH. MNLP. PEFT. CLC. ENG



the therapies

Neuro-linguistic programming is based on the fact that we create much of our experience by the way we see, hear and feel things in our mind and body. In this sense we "think" our way through life.

In therapy, NLP explores how you think in your life and how this has contributed to the issue you wish to resolve.

NLP also involves developing and creating new choices about how you deal with situations in the future.

You will find your session relaxing, creative and highly motivating .

Hypnotherapy is a way of communicating with all aspects of your mind to bring about positive change. Your unconscious mind directs nearly all your behaviour. Gaining access to it can be extremely useful – especially in therapy as a way of directing it purposefully.

You are helped by a therapist to go into a deeply relaxed state. This is trance, or more commonly known as hypnosis.

"Now everything is so clear
I have a way forward" Julie

To find out how I can help you: telephone: 07964 056937 email: june@junemitchell.co.uk

You cannot be made to do or say anything against your will. You are always in complete control and conscious of what is occurring. Hypnotherapy, combined with NLP are often the quickest and most powerful ways to achieve lasting results.

Emotional Freedom Technique is "tapping" with the fingers on the meridians of the body. This therapy is based upon Chinese acupuncture, which is over 2000 years old.

Based on the belief that the cause of all negative emotions is a disruption in the body's energy system, EFT works to restore this disruption and allow energy to flow freely so the body returns to balance.

The EFT procedure is very simple and once taught you can continue to use it on yourself for most issues including physical conditions such as pain and allergies, and emotions like grief and depression. However, long standing and deep rooted problems will require the skills of a qualified EFT practitioner.

"A warm and lovely person,
I feel very safe with you" Emily

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what to do next

Sometimes it can be less than easy to take the first step towards getting the help you need. If you are reading this you have already taken those first steps towards making the positive change you desire.

The next step is to telephone to arrange an initial consultation, where you will be taken through a number of questions about yourself and the issue. After this we continue with therapy personalized to you.

This first session usually lasts a minimum of two hours. Benefits can and do occur after only one session, although very complex issues may require additional appointments. You can feel confident that your sessions will be as comfortable as possible and you will achieve real results from the start.

Initial telephone consultation free.

Fees available on request.

To find out how I can help you:

telephone: 07964 056937

email: june@junemitchell.co.uk

I am based in Leeds and West Yorkshire.

All information is strictly confidential.

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