

# June Mitchell

Clinical Therapy, Professional Coaching, Training & Workshops

## Clinical Therapy

We understand how difficult it can be to make that first step towards getting the help you need and making positive life changes. Whatever change June Mitchell you can feel confident that your sessions will be as comfortable as possible.

You will certainly experience positive changes very quickly, and you may find you enjoy the entire process; a process which is very much focused on what you want rather than what you don't want. Benefits can and do occur after one session, although more complex conditions may require additional sessions.

### The therapy Process

Sometimes when people are seeking therapy and support for a problem, they may become anxious or concerned about what may happen when they come along for a session. They are concerned about what they may have to do.

To begin you will be asked to answer a number of questions about yourself and your experience. We then arrange your sessions and continue with therapy personalized to you. The first session usually lasts two hours, and subsequent sessions are of an hour. You can feel confident that you will achieve real results from the very start

Most issues require a minimum of three sessions. Benefits can and do occur after only one session, although more complex conditions may require additional sessions. Sometimes, but not always, when people begin their therapy and work with their current issue, they may experience other deep rooted issues. It is important therefore, to recognise that the original problems have probably been resolved and it is now time to persevere and address these deeper issues.

### Overcoming anxiety

Anxiety and Panic can be a general feeling of ill ease, or can be a specific symptomatic response with a deeper underlying cause. Either way certain unwanted sensations occur in the body.

Treating anxiety and/or panic is two fold. Firstly by identifying triggers and causative factors and working with these; changing the thought processes and associations that lead to anxiety and panic. Secondly, by reducing the physical sensations in the body and changing the way you perceive and feel the experience.

Using Hypnotherapy, NLP and EFT we 'unlearn' the unpleasant or unwanted process unconscious processes and help you to relearn a new response. You will discover the power of your own mind in neutralizing anxiety and become aware of your own resources for becoming relaxed. You'll immediately notice the difference after one treatment, although continuing for several sessions is recommended to

For further info contact June on: 07964 056937

Email: [june@junemitchell.co.uk](mailto:june@junemitchell.co.uk) [www.junemitchell.co.uk](http://www.junemitchell.co.uk)

Overcoming anxiety

Gaining relief from stress

Losing weight and The HYPNO-BAND

Stopping smoking

Tackling phobias and fears

Building confidence and self-esteem

Having relief from emotional trauma

Eliminating habits and compulsions

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deepen your ability to relax and stay calm.

### Gaining relief from stress

We experience events in life that may result in feelings of stress. However, it is not the event that 'causes' stress, it is how we react to it. People are stressed by many different things, meeting people they don't know, having to go to an interview, delivering a speech or giving a presentation. The situation in itself is not inherently stressful otherwise all of us would respond in the same way to those situations and be stressed by them.

Everyone responds differently to stress. Some stress is useful and motivates us, this is known as positive stress. The people who appear to be calm and controlled in 'stressful' situations are no different than you, they have learned how to relax and be calm.

### Losing weight and The HYPNO-BAND

Weight loss is an important issue in gaining health. It has been estimated that an obese person may lower their life expectancy by as much as 10 years.

June Mitchell has different techniques depending upon the amount of weight that needs to be lost.

Firstly, there is the person who needs to shed a few pounds. This person has less than 20lb to lose and may need help to analyse eating habits and create new healthier patterns of behaviour, make the right choices, eat the right kind of foods and be motivated to take more exercise. In this case, a few sessions of straightforward suggestion hypnosis can help establish positive life style changes.

Some people have a more complex relationship with food. They are often more than 30lbs over their ideal weight. In this case there may be more deep seated issues involving body image, low self esteem, anxiety, stress or depression, and sometimes social phobia.

For people that may have more complex relationships with food (often more than 30lbs over their ideal weight) I recommend a mixture of techniques: NLP, Hypnosis and EFT as the way to go forward in resolving weight control issues.

The HYPNO-BAND weight loss system (virtual gastric band fitting in hypnosis) can be incorporated within this treatment as appropriate.

The HYPNO-BAND System is a combination of Cognitive Behavioural Techniques (CBT) and hypnotherapy techniques that helps you explore, analyse and change your eating habits. Then using the mind/body

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connection we fit a "virtual gastric band" to your stomach, making you eat less and less often.

Before any treatment commences an initial consultation is carried out to determine your suitability for treatment.

## Stopping smoking

There are over 600 chemicals in a cigarette. And these are irritants and cannot relax you.

It is the act of taking in deep breaths when drawing on a cigarette that actually relaxes you. And then within 7 seconds the chemicals are deposited in your body and any positive effects of increased oxygen are obliterated and replaced by POISON.

Using NLP and Hypnotherapy we aim to change this negative habit and behaviours and bring about permanent positive changes. In our extended smoking cessation session we use a whole range of techniques to create a unique treatment session for you.

## Tackling phobias and fears

A fear is an unpleasant and frightening reaction we experience when confronted with real danger. True fear is instinctive and essential to survival. It keeps us safe by seeking to remove ourselves from danger.

A phobia on the other hand is an irrational fear which has been associated with an object, or a situation. In a rational sense the object or situation causes little or no real danger to us. We may behave in ways that avoid the object or situation, and this avoidance behaviour is often accompanied by anxiety, panic or loss of control.

Common phobias such as fear of spiders, flying, a mouse, thunder and lightening can be easily remedied using NLP and hypnotherapy techniques to establish rational and calm responses and even enjoyable ones too!

## Building confidence and self-esteem

A lack of confidence can really restrict your life and stop you from taking the opportunities that come your way. A confident person actually creates even more opportunities, and as result has more options and choices in life.

Having options and choices in life and believing you can use them creates even more confidence.

Therapy can help you find the reason for your lack of confidence or work with the reasons contributing to poor self esteem.

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Using NLP and hypnotherapy we strengthen the ego and create inner resources upon which to draw. Almost every condition that someone presents to work with in therapy benefits from work on building confidence.

#### Having relief from emotional trauma

Emotional trauma can be devastating. Post Traumatic Stress Disorder and trauma are psychiatric disorders that may occur after experiencing or witnessing various life-threatening events.

Such events could be serious accidents to the self or others, violent assaults, natural disasters, combat situations and terrorist incidents.

Hypnosis can induce a very safe and comfortable feeling, and a deep state of relaxation to help cope with experiences such as these.

#### Eliminating habits and compulsions

We all build habits into our lives. Habits make our lives easier because they become automatic behaviours – we do them without having to think about it. In the same way we have usefully good habits, we also have bad habits. Both useful habits and bad habits were originally constructed to help us.

Because habits become unconscious behaviour over time, they need to be dealt with at the same level they were created. In hypnosis, the unconscious can often be encouraged find less harmful ways of achieving what the habit originally wanted for you, changing a habit calmly and creatively.

There are many habits for which NLP, hypnotherapy and EFT can provide help and relief. Hypnotherapy helps resolve these habits by focusing on the intention and the goal and not the problem.

#### Working through relationship difficulties

Are you seeking to resolve issues in a relationship, free yourself from a past relationship, or create success in a new one?

Therapy can be used to enable healing of damaged relationships or stabilize healthy one, either individually or together. You can reflect and re-appraise events, look at situations from a completely different perspective and gain an appreciation from another's position.

This is often the first step in creating a more resourceful position for yourself. You cannot change another person – you can only change the way you respond to them.

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Creative NLP techniques allow you to visualize and rehearse a brighter and more positive future. This can help you to prepare for and enjoy more successful relationships.

### Using NLP, Hypnosis and EFT in Cancer

NLP, hypnosis and EFT can be used with all aspects and stages of cancer to complement all conventional treatment.

Even after treatment is finished, support may continue to be needed. Enabling positive beliefs and confidence building are often part of this process. As the lead hypnotherapist at the The Haven Cancer Centre in Leeds, I work with all issues related to cancer, and use a combination of therapies to enable preparation for surgery, relief from the side effects of chemotherapy and other treatments. There may well be other issues too.

If you would like to know how NLP, Hypnosis and EFT could help you with whatever you are facing right now, please contact me.

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