



Hypnohealth and Brief-Focused Therapy **by Brenda El-Leithy**



Supporting physical, mental, emotional and spiritual wellbeing through the power of hypnosis.

Brenda El-Leithy is trained in Advanced Hypnotherapy, Reiki, Spiritual Healing and Personal Performance Coaching. Her therapy is designed to engage the mind *and* the emotions, in any process of change. Her approach helps clients overcome many of the patterns of behaviour that undermine wellbeing, and enhances their ability to work with the power of their own mind in achieving their goals.

"Many of the clients I help have a very limited time in which to achieve their aims, or in which to de-stress from their very pressurised lives. This, surprisingly, can work in their favour as far as achieving a mental or emotional breakthrough is concerned!

I have found that the very concentrated focus of time, attention, and intention that clients bring to their goals in these circumstances enables them to achieve a great deal with their mind in a very short space of time.

Brief Goal-Focussed Therapy uses hypnosis to work with the subconscious mind towards achieving whatever goal you are focussed on, and helps deal with any psychological and emotional obstacles to achieving that goal - even if you are not consciously aware of any particular problem!

Your desire to manage your weight, give up smoking, overcome fear, develop your confidence, free yourself from panic attacks, or reduce your stress levels, has a greater chance of success if your subconscious mind is working to the same program. Your body's ability to heal itself, to manage pain and discomfort, to recover from surgery, all are enhanced when the power of the subconscious mind is brought into play."

Brief goal-focused therapy can give you that extra "kick start" needed to move forward when you can't identify what it is that is holding you back.

