

IS IT TIME TO GET THERAPY & What's The Best Therapy for Me?



Free guide, with self-assessment tool and the information you need to discover what therapies may suit your symptoms

YOUR THERAPY SHOULD FIT AROUND YOU NOT YOU AROUND YOUR THERAPY

Thank you for downloading this guide. It's a really important step in starting your therapy journey.

From reading this guide, you'll understand:

- ✓ Whether you are at the point where you need therapy to help you
- ✓ The therapies that may be suitable to you, depending on your symptoms.
- ✓ The next steps for you to get the help you need.

Once you have read through this guide, feel free to get in touch with us if there is any way we can help.

Our focus, at Hampshire Hypnotherapy & Counselling, is to ensure you feel well-supported, and get the outcomes you desire.

**James Holmes &
Sue Peckham**

Directors



THERAPY
IN PERSON OR ONLINE



Is it time for me to get help with my problems or symptoms?

These statements will guide you towards thinking about how you feel objectively. They will encourage you to look at how your thoughts and feelings are affecting your every day life and go on to offer you some guidance moving forward.

So we invite you to consider the following questions and think about how you truly feel. Once you've completed it, you will be able to better understand the impact of your feelings and have a clearer picture of your next steps.

On a scale of 1 to 10 (where 1 is very low and 10 is extremely high), rate the impact to you of the following statements.

My current symptoms are detrimental to living my daily life	1	2	3	4	5	6	7	8	9	10
My current symptoms make me feel like I have limited control over my life	1	2	3	4	5	6	7	8	9	10
My relationships are impacted by my current problems or concerns	1	2	3	4	5	6	7	8	9	10
I worry about what others think of me, and feel judged	1	2	3	4	5	6	7	8	9	10
I am always battling with my self-esteem and self-worth	1	2	3	4	5	6	7	8	9	10
My current symptoms are preventing me from achieving the things I want to	1	2	3	4	5	6	7	8	9	10
My symptoms are impacting my happiness and fulfilment in life	1	2	3	4	5	6	7	8	9	10
My symptoms prevent me from fully taking part in family life	1	2	3	4	5	6	7	8	9	10
I feel like I wear a mask, or am having to mask how I feel and/or my symptoms	1	2	3	4	5	6	7	8	9	10
I had a difficult childhood	1	2	3	4	5	6	7	8	9	10

Your Total

Let's take a look at what this means...

If you scored between 10 and 30:

Whilst the impact of your symptoms is seemingly low, it should be noted that therapy is not only for those who are suffering to a high extent; it is sometimes most helpful when pursued proactively before things get unmanageable or overwhelming.

If you feel like your feelings or symptoms do have some impact on your life, then it will not hurt to find out more about how therapy can support you.

A simple chat with a therapist may give you the clarity you need.

If you scored between 31 and 69:

The symptoms you are experiencing are impacting you enough that seeking some therapy before they get any worse would be wise; this would be a good idea if you feel the symptoms have worsened recently.

Based on your score, there are some areas of your life that are impacted by your problems, and they can taint every day life, and your normal routines and relationships.

By acting now, you will get into a more comfortable position, and feel in control.

If you scored between 70 and 100:

The symptoms you are experiencing can feel like they are too much to manage, and it is important that you get the appropriate support now.

Based on your score, it seems that every area of your life and relationship are impacted by how you feel - that is tough to deal with, and difficult to navigate.

A professional therapist will be able to work with you to help you achieve better outcomes, so you no longer feel the way you do. Contact us now, and you'll start your journey to ensure your life feels like the one you really want and deserve - happy, fulfilled and in control.

WHAT IS THE BEST THERAPY FOR YOU?

Now you have your score, let's take a look at some of the different therapies and skills you can access, that work for your specific problems or symptoms.

On the next page, search for your symptoms and take a look at the therapies that may work for you, and what they are.

It is important to note that these definitions can vary depending on your therapist and the context in which the terms are used. Ultimately, the most important factor is finding a qualified therapist who can help you to address your specific needs and concerns.



YOUR THERAPY OPTIONS

HYPNOTHERAPY

A very deep state of relaxation where your subconscious mind becomes receptive to accepting suggestions for the area you are seeking help with.

- ✓ Anxiety and stress reduction
- ✓ Depression and mood disorders
- ✓ Phobias and fears
- ✓ Addiction and substance abuse
- ✓ Weight loss and healthy eating habits
- ✓ Insomnia and sleep disorders
- ✓ Pain management and relief
- ✓ Self-esteem and self-confidence
- ✓ Smoking cessation
- ✓ Performance anxiety
- ✓ IBS
- ✓ Autoimmune disorders.

COUNSELLING

Talking therapy to help you overcome the issues you are experiencing, focusing on problem solving

- ✓ Anxiety and stress
- ✓ Depression and mood disorders
- ✓ Relationship and family issues
- ✓ Trauma and PTSD
- ✓ Addiction and substance abuse
- ✓ Grief and loss
- ✓ Self-esteem and self-confidence
- ✓ Career and work-related issues
- ✓ Anger management
- ✓ Eating disorders
- ✓ Sexual and gender identity issues
- ✓ Personal growth and self-awareness

PSYCHOTHERAPY

Talking therapy that typically involves a deeper exploration of one's thoughts, feelings and experiences

- ✓ Anxiety disorders
- ✓ Mood disorders, such as depression
- ✓ Trauma and post-traumatic stress disorder
- ✓ Addiction and substance abuse
- ✓ Eating disorders
- ✓ Relationship and family issues
- ✓ Grief and loss
- ✓ Self-esteem and self-confidence
- ✓ Sexuality and gender identity issues
- ✓ Stress management and coping skills
- ✓ Life transitions and adjustments

EMDR

A very deep state of relaxation where your subconscious mind becomes receptive to accepting suggestions for the area you are seeking help with.

- ✓ Post-traumatic stress disorder (PTSD)
- ✓ Anxiety disorders
- ✓ Mood disorders
- ✓ Grief and loss
- ✓ Addiction and substance abuse
- ✓ Phobias and fears
- ✓ Chronic pain and medical issues
- ✓ Performance anxiety
- ✓ Self-esteem and self-confidence
- ✓ Eating disorders
- ✓ Stress management and coping skills

20 WAYS THERAPY CAN HELP IMPROVE YOUR LIFE:

- Manage and treat your mental health conditions.
- Coping with difficult emotions, experiences and traumatic events.
- Improve your relationships and communication skills.
- Enhance your self-awareness and understanding.
- Development of healthy coping mechanisms.
- Increasing your self-esteem and confidence.
- Setting and achieving personal goals.
- Increasing resilience and stress management skills.
- Processing grief and loss.
- Improvement in body image and self-acceptance.
- Managing anger and impulsivity.
- Overcoming self-defeating behaviours.
- Manage and overcome addictions.
- Improvement in self-care habits.
- Improvement of sleep patterns and habits.
- Increasing mindfulness and decreasing rumination.
- Management and improvement of the symptoms of PTSD.
- Improvement of communication in intimate relationships.
- Improvement of conflict resolution skills.
- Working through personal identity issues.



Want to find out more?

If you would like to move forward, and get the support you need, we are only a phone call or an email away.

Get in touch with our friendly and non-judgemental team, and we will immediately put you at ease, and give you the information you need.

Then, should you wish to book in with one of our wonderful therapists, we can do so, at a time that suits you.

Life can be tough, but therapy can make it better.



Hypnotherapy Practice of the Year Award 2022
Counselling Centre of the Year 2022



0800 970 4776



www.hantshypno.co.uk



info@hantshypno.co.uk