

HYPNOTHERAPY



In addition to helping beneficiaries obtain counselling, TBF can also assist with hypnotherapy.

Many people have found hypnotherapy effective but there have been some concerns about it and we sincerely recommend that you do not undertake any treatment which involves age regression or memory retrieval. In addition, you should not seek hypnotherapy if you believe you may be suffering from a psychosis or paranoia or are suicidal.

Please make sure you discuss with your proposed practitioner what the course will involve and make her or him aware of the contents of this page. Please make sure they are a member of one of the following registered bodies:

1. The General Hypnotherapy Register prefer to be contacted by e mail or post.

Email: info@general-hypnotherapy-register.com

Web address: www.general-hypnotherapy-register.com

Postal address: PO Box 204, LYMINGTON, SO41 6WP

The General Hypnotherapy Standards Council can be contacted at the same address.

2. National Council for Hypnotherapy

[www. hypnotherapists.org.uk](http://www.hypnotherapists.org.uk)

Telephone: 0800 952 0545

Do not be afraid to walk away and find another practitioner if you have any unresolved concerns. A reputable practitioner will respect entirely any such move on your part.

We are sorry that we cannot help with costs where the treatment is provided by someone who is not registered with one of these bodies, where the treatment involves age regression or memory retrieval of if you are suffering from one of the conditions listed above. Please understand that we are not trying to be unhelpful, but to protect our beneficiaries in the light of present knowledge.

If you have any questions, please ask us.