



Peter Wright

*Hypnotherapist &
Transformational Coach*

As people we are not our behaviours, abilities or our beliefs. However, all these things ARE shaped by our perceptions. Consequently, I believe if we want to change or learn how to, then it all starts with our perceptions. My mission is to help clients improve their lives and fulfil their potential by guiding them to use their own inner resources.

With my passion of playing and coaching sport, I've studied sports psychology for over 25 years, and with a working life change in 2005, studied sports hypnosis. I soon realised how relevant it was to the effectiveness of most applications of sports and performance psychology. After initially gaining DHyp(S), I continued studies, gaining full Diploma in general hypnotherapy (2007), with one ambition to make a difference in people's lives, not just for sporting clients but for people in all walks of life.

I am a published author with currently nine books on the subject of personal change and development available in both paperback and Kindle and one as an audiobook.



Peter Wright

- ➔ Hypnotherapist
- ➔ Personal Development Coach
- ➔ Performance Coach

Accredited Practitioner with the
General Hypnotherapy Register and
Complementary and National
Healthcare Council

Master Practitioner of :
Hypnotherapy, Time Line Therapy
NLP (Neuro Linguistic Programming)



Bookings by Appointment

Standard Sessions (Min 2 Hrs) £75

Short Sessions (One Hour) £45

Mind Relax Group Sessions £9

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Hypnotherapy

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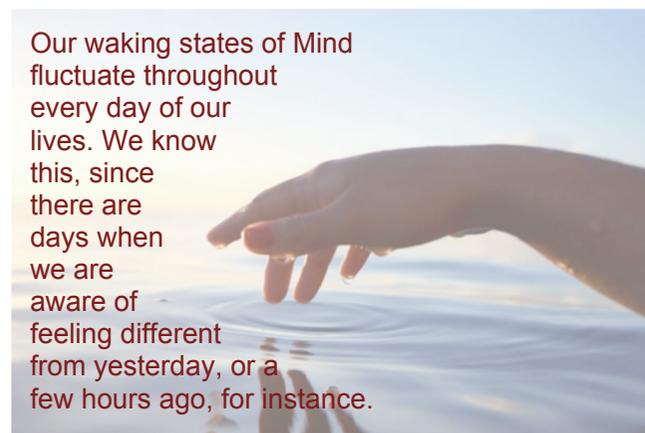
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What is Hypnotherapy?

A therapeutic change-work process takes place, which is facilitated by hypnotic means.

For me, 'hypnotic means' involves guiding the client to use their own resources for resolution and change. This does involve certain shifts in their 'state of mind' from what is a cognitive and conscious control of their powers of attention to a much more directed use of imagination.

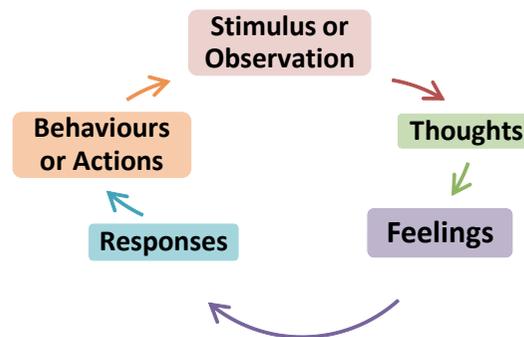


Focus and Attention

How we focus and pay attention, or how we 'attend' to things, also varies through the day – and we have a considerable degree of control of how we can direct our attention as well.

However, we also tend to feel 'out of control' of our selves or our lives, at times – and we'll use phrases such as "I can't seem to help myself," or "I can't stop this happening," when we lose that level of control that is so important to our sense of security and wellbeing. These are the times when we might reach for guidance to use certain inner resources, where we know we cannot bring any conscious direction to our Thinking.

Our Relationship With Our Thinking



The Cognitive Cycle

If we want to see the WORLD differently, change some of our Behaviours, have a different Response to the Feelings we are having – then it all centres around our Relationship with our Thinking.

"We Are What We Think" is a phrase that springs to mind – and once we understand the nature of Thought, and how that Relationship is playing out for us in our daily lives, then we can begin to see the WORLD from a different perspective.

And that's when Change happens!

Hypnotherapy can help with:

>Anger management >Anxiety >Blushing >Chronic Fatigue Syndrome >Depression >Drug or alcohol abuse >Eating disorders >EXAM stress >Food addiction >Gambling addiction >Insomnia >Low self-confidence or low self-esteem >Phobia >Obsessions/Compulsions >Pain management >Panic attacks >Post-traumatic stress >Public speaking >Smoking cessation >Relationship issues >Relaxation >Sleep disorders >Sports Performance >Stress >Stuttering >Weight loss >Nail biting >Bruxism >and many other responses, issues and behaviours.

What Happens When We Are Hypnotised?

All the change, the learning, the therapy, belongs to and is also the responsibility of the client. This is vital for clients to understand, especially with hypnotherapy – since for some there is the idea that they just need to sit in a chair, close their eyes, and 'the magic' will happen to them! What may seem like magic sometimes does happen, yet it is because the client has been open-minded enough to move in that 'magical' direction.

When I use 'hypnotic means' this can be ushered in with either eyes open or eyes closed. The destination is an altered state of perception, through a directed use of imagination and where our minds become naturally more open and receptive to suggestions of alternative perspectives.

In this process, the client is the willing traveller and I am the guide. It is very much a partnership where the client maintains cognitive volition yet is guided to make the changes they consider useful.

