

When a fear becomes a Phobia it can be extremely debilitating and can often limit us and what we do in life. Common fears include, spiders, needles, vomiting and dentists but a phobia can develop around almost any object or situation.

Depending on the nature and severity of the trauma Rachel is trained in the David Muss Rewind Therapy technique (iarte.com) and can successfully apply this usually in as little as two sessions where there is trauma to help bring about closure.

Alternatively, phobias can be treated by applying Solution Focused Hypnotherapy in a collaborative process between therapist and client in order to address and reduce the underlying anxiety and diminish the emotional trauma associated with the fear, whilst programming the sub-conscious with new, more helpful behavioural patterns in response to it.