
Pricing Information

Suggestion Therapy:

£60 per session, payable at the end of each session. **This price also includes a free personal hypnotic audio CD to play in your own home.**

Hypno-Analytical Therapy:

£40 per session, paid on a session by session basis. **This price also includes a hypnotic CD which you may listen to at home between sessions.**

Past Life Therapy:

£50 per session, payable at the end of each session. **This price also includes a free taped recording of your experience.**

Introductory Talk:

FREE: for problems other than slimming, smoking and examination nerves

Appointments

All appointments can be made by telephone or email, and we will do our utmost to arrange a time suitable to you.

We are available for consultation from **Monday to Saturday inclusive.**

A Note on Confidentiality:

Please note that our services to you are **totally confidential and private.** We will not disclose any information to persons other than yourself.

If you wish, you may call or e-mail for free advice before you begin therapy.

Any cancellations must be made at least 24 hours before your appointment to avoid any cancellation fees.

Contact us today for friendly, professional assistance



To Contact Us

Phone

0141 533 2842

Website

www.sichp.co.uk

E-mail address

info@sichp.co.uk

**Contact us today for your appointment.
You will be glad you called.**

S.I.C.H.P.

Ethical Hypnotherapy and Hypnotherapy
Training Courses.

Visit our website for information on all of
our products, services and training
courses.



Eric A. Delea

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**Hypnotherapist
Psychotherapy
Hypno-Analyst
Hypnotherapy Trainer
Founder & Director of the
Scottish Institute of Clinical
Hypnotherapy &
Psychotherapy
(S.I.C.H.P.)**



**Qualified - Certified - Registered
Hypnotherapist & Hypno-Analyst**

**Member of the General
Hypnotherapy Register**

Use the power of hypnosis to successfully achieve your goals

Eric A. Delea

Clinical Hypnotherapist
Director of the Scottish Institute of
Clinical Hypnotherapy &
Psychotherapy



Introduction

Hypnosis is a wonderful tool for enhancing your life in many different areas. Be it in assisting you with weight loss, smoking cessation, nail biting, fears, or phobias, both you and I can work together in overcoming these unnecessary and annoying habits and problems, **allowing you to live your life the way you want to live it.**

The very fact that you are reading this brochure shows that you have the will and the desire to succeed. You have already begun to overcome your problem. Now, all we need do is to train and reinforce your mind patterns to allow you to **change effectively, positively, and permanently.**

Using Hypnotherapy and the power of your own mind, you can increase your potential and live a happier, more relaxed and stress-free life. Please feel free to contact us for your appointment, or with any questions you may have. We will be glad to assist you.

About your Hypnotherapist

Eric A. Delea is a fully qualified and certified Hypnotherapist, specialising in Analytical Therapy. He has been involved in Hypnotherapy professionally since 1993, as a Hypnotherapist, trainer, and member of the Irish Hypnotherapy Examiners Board. He is the founder & Director of the Scottish Institute of Clinical Hypnotherapy & Psychotherapy. He adheres to a strict code of ethics and assures you of a professional, confidential, and caring service at all times.

Hypnotherapy

Hypnotherapy is one of the oldest and most successful therapies in the world. It is a safe and effective way of habit changing; self-improvement; and of increasing the potential of the human mind.

Not at all like stage hypnosis, Hypnotherapy is a serious clinical method of **allowing you to become the person that you know you can be.**

Hypnosis itself is merely a daydream state, a state of heightened awareness and concentration of attention. It opens the doorway to the vast powerhouse of the subconscious mind, **allowing change to occur naturally and easily.** You are at all times in full control, and can open your eyes at any time you wish. You are simply very relaxed but fully aware.

Suggestion Therapy

There are two main types of Hypnotherapy that we use. The first is **Suggestion Therapy**, which is used for everyday problems such as smoking, weight-loss, nail-biting, insomnia, stress reduction, exam-nerves, and relaxation. **Suggestion Therapy** usually consists of one session of between 45 minutes to one hour's duration, and is **accompanied by a hypnotic CD** which you can play at home to reinforce your hypnotic session.

Hypno-Analysis

The second type of Hypnotherapy is **Hypno-Analytical Therapy**, and is used to overcome fears, phobias, panic attacks and other problems of that nature. In this form of therapy, the cause of the problem is found and removed, leading to **lasting and permanent relief**, and a better quality of life. Hypno-Analysis, on average, consists of 8-12 sessions, and each session is one hour in duration.

Past Life Regression

Past Life Regression is also available on request. Whether you have a belief in reincarnation or simply have a curious desire to experience this phenomenon, your experience will certainly be an interesting one. Each session lasts 1 hour and you will receive a taped recording of your session. Sessions can be **highly therapeutic & beneficial.**