**Answering the Question: Can you guarantee a cure?**

You may have heard hypnosis is very effective; even that it can be a miracle cure, so you might want to ask if I can guarantee to cure you of whatever is concerning you.

**I’m glad I cannot guarantee hypnotherapy**

I have to say that I cannot guarantee this, and I am very glad that I cannot.

If I had a set of tools and techniques which I knew would work in all circumstances then it would be a funny world indeed. It would be as if we were all automatons or computers, ready to be programmed and set off on a mission.

**Your outlook my hypnotherapy skills**

In fact, we are all so much more interesting than this! I have my foibles and preferences and ways of working. I do not even know you yet, but I do know that you are unique, with an unique and individual outlook on life. You and I can explore your outlook and I have a set of skills which may well be able to help you change.

**Build on your motivation**

So what does this really mean? Well, we can get off to a good start. Just by being here and reading this you are showing that you have a motivation to do something about what is bothering you. We can build on this.

**What I can guarantee**

I can’t guarantee I can cure you, but I can guarantee this:

I will listen to you. I will accept your world view and treat your ideas with respect, even if they differ from mine. I will respect your dignity and privacy in every way.

I will trust that you want to change and are prepared to make an effort to do this. I hope that, if we both start from this basis we can build up a mutual relationship of trust.

**Hypnotherapy which respects your money and your time**

Part of that trust will be a respect for your money and your time. I will work with you

to achieve the best possible results in the shortest possible time. I promise not to take money from you unnecessarily or to waste your time by keeping you in treatment longer than you need.

I want to say goodbye to you as quickly as possible! I will spend all our time together showing and teaching you to help yourself. My aim is to make you independent of me, so you can live your life happily and successfully. I will show you

techniques to help you heal yourself and I will try to ensure that you will leave therapy

with all the resources you need to help you in your future life

I will work with you as a team. I will listen to you and take your feedback seriously. If something I do does not work for you I will change it.

If you want to know more than just give me a call.