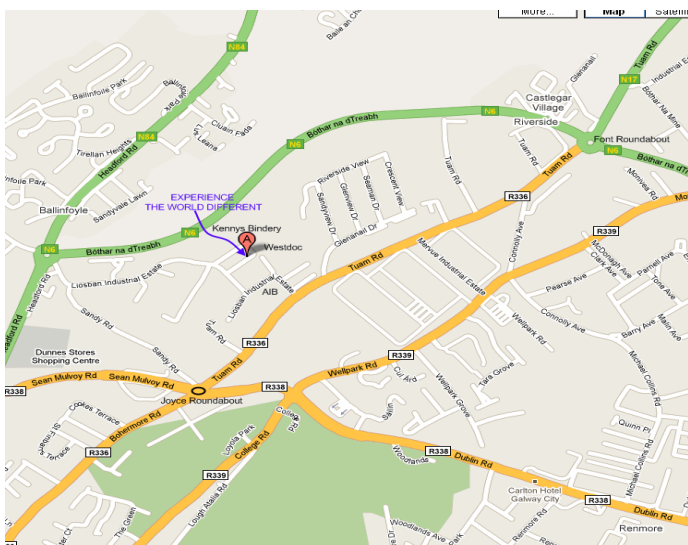


HYPNOTHERAPY CAN SUCCESSFULLY TREAT

Smoking, Slimming, Drinking, Nail-Biting, Some Skin Disorders Allergies, Nervous Tension & Anxiety, Phobias, Fears & Compulsions, Nightmares, Insomnia, Sexual Problems, Enuresis, Shyness & Blushing,	Nervousness & Decision Mak- ing, Public Speaking & Confidence, Migraines, Addictions, Asthma, Blood Pressure, Blushing, Claustrophobia, Eating Disor- ders, Emotional Problems, Frustrations, Guilt Feelings, Headaches, Inhibitions, Irritable Bowel,	Menstrual Tension, Pain Control, Panic At- tacks, Shame. Stress, Stuttering, Tinnitus, Travel Fright, Twitching, Ulcers, Assertive- ness, Concentra- tion, Communica- tions, Creativity, Exam Nerves, Goal Setting, Independ- ence, Memory,	Motivation, Relaxation, Self-Esteem, Study, Sports Moti- vation, Fear of Childbirth, Depression, Survivors of abusive childhoods, child Abuse, & Trauma, And many other problems where emotional or psychological forces are involved.
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HOW TO FIND US



Minors under 18 must be accompanied by an adult

Consultation Fees

All consultations are strictly by appointment only and confidentiality is assured. For analytical or massive 20 session therapy, we can arrange a free consultation in advance so you know whether this treatment is suitable for you. Suggestion Therapy is a two hour session which includes a Free Hypnotherapy CD/MP3 for reinforcement sessions. Analytical Hypnotherapy takes on average 8-10 sessions which also includes a Free Hypnotherapy Audio CD/MP3 to reinforce the work at home. See www.experiencetheworlddifferent.com for much more information.

Fee €75 per hour or part of hour for Analytical Therapy

Which takes approximately 8-10 x 50 minute sessions. If more time is needed to get a satisfactory outcome for a session, it's better to take the time to resolve it then.

Fee €300 for the total Weight Control Therapy

Which is a two hour session followed by 3 one hour sessions

Fee €150 per session for Suggestion Therapy

Smoking, Nail-biting, Pre-test nerves, Confidence building, Sports improvement, Stress, Public Speaking, Flying, Memory, Concentration, Exam Preparation & Study Habits etc. A two hour session with a free one hour follow up session if required.

Fee €3,000 for the total Massive 20 Session Therapy

The 20 session therapy consists of 20 sessions, bound by the limit of one year. Note that the sessions are not limited by time, each session takes as long as it takes to get a satisfactory outcome for the session. It usually takes an average of about two hours per session, which would work out at about 40 hours total.

Suggestion Therapy

(For Smoking, Nail-biting and Pre-test /exam nerves (see above). One two hour session only is required which includes a Free Hypnotherapy Tape for Solution-Focused Therapy on the symptoms you consult with. The personalised Hypnotic CD/MP3 will maximise the desire for change as you enjoy the most rapid and powerful results. Note: There is no Introductory Talk necessary for Suggestion Therapy.

Weight Control Therapy

This is a total of five hours. The first session is a two hour session, and this is followed by three one hour sessions, usually spaced a week apart. Part of the therapy is the "hypnotic gastric band" which is an imaginary operation performed under hypnosis so you feel fuller on smaller amounts of food. The CD/MP3 will reinforce the session, so you can dump excess weight without dieting.

Analytical Therapy

(For more deep rooted issues that take a few sessions to resolve). Requires separate weekly sessions of approx. 50 minutes. This is a totally confidential, non judgemental, private and individual therapy. The first session is concerned with finding out about your problem and assessing how best to treat it.

Massive 20 Session Therapy

If there are a lot of issues you want to resolve, and you feel it's important to talk a lot about what's happening in your life, then the Massive 20 Session Therapy is available. We'd start off by getting a list of everything you want to resolve, and how these issues link with people in your life. After resolving the emotional baggage from the past, and any other issues, we can concentrate on ways of you finding a truly satisfying path in your life, so you can create your future the way you want it.

Bookings Should be Made by Phone

Phone: (085) 1318344

Opening Hours: We can arrange a mutually agreed date & time.

Experience The
World Different
Hypnotherapy Clinic

Private Practice of

Daniel Madden (ADHP MICHP BE)

Hypnotherapist, Hypno-Analyst,
Psychotherapist, Specialist in
HypnoAnalytical Psychotherapy



Current Member of the Following Ethical,
Professional Association

Institute of Clinical Hypnotherapy
& Psychotherapy (ICHHP)

Clinical Hypnotherapy and Psychotherapy
Association (CHPA)

Bookings by Appointment Only

Experience The World Different
Psychotherapy & Hypnotherapy
Clinic

www.experiencetheworlddifferent.com

www.hypnotherapyassociation.ie

Contact: Daniel Madden

Tel: 085 1318344

Email: dmadden@experiencetheworlddifferent.com

Questions & Answers

- **What is Hypnosis?**

A state of relaxation and concentration at one with a state of heightened awareness induced by suggestion. It is a non-addictive power for good and is a natural manifestation of the mind at work.

- **Are there some people you cannot hypnotise?**

No. (Anyone who has ever daydreamed or who has ever tranced out & gazed off into the distance can be hypnotised). Of course, you can choose not to be hypnotised, but then why would you go to a hypnotherapist!

- **Are drugs or tablets used?**

No.

- **Shall I be aware of what is happening?**

Yes. The predominant feeling of most people is - 'It didn't work for me — I never went under'.

- **So I am not asleep then?**

No. You are simply extremely relaxed. This is why the technique is called "Conscious Hypnosis".

- **Is there any cause at all for concern?**

None whatsoever Hypnosis is a proven therapeutic aid.

- **How many visits will I need?**

Simpler problems like smoking, nail-biting, pre-test nerves etc. usually require 1-3 sessions and the success rate is surprisingly high. The more deep-rooted nervous disorders require 'analytical' rather than "suggestion" therapy which usually consists of 8-12 weekly sessions.

- **Could I be influenced to do anything against my will or nature?**

No. In fact you would be shocked out of the hypnotic state immediately any such action was suggested to you.

- **Can "normal" people undergo Hypno Psychotherapy and Psycho-Analysis?**

Not only can they, but they should. For an insight into yourself, it has no equal.

If any member of the general public has a genuine cause for concern, the client at all times has the right of recourse to the Institute of Clinical Hypnotherapy & Psychotherapy Complaints, Disciplinary and Ethical Committee at ICHP Headquarters, Therapy House, 6 Tuckey Street, Cork City.

DANIEL MADDEN

DANIEL MADDEN HAS FIVE YEARS EXPERIENCE WORKING VOLUNTARILY OFFERING EMOTIONAL SUPPORT TO PEOPLE USING RAPPORT BUILDING ACTIVE LISTENING TECHNIQUES. HE RECEIVED HIS ASSOCIATE DEGREE IN CLINICAL HYPNOTHERAPY FROM THE ICHP, WHICH IS A ORGANIZATION WHICH PROMOTES THE ETHICAL USE OF HYPNOSIS TO HELP PEOPLE FIND AND USE THEIR OWN INTERNAL RESOURCES FOR POSITIVE AND PERMANENT CHANGE. HE IS ALSO QUALIFIED TO PRACTICE THE EMOTIONAL FREEDOM TECHNIQUE (EFT), EMDR (EYE MOVEMENT DESENSITIZATION AND REPROCESSING), AS WELL AS NLP (NEURO LINGUISTIC PROGRAMMING). HE IS A MEMBER IN GOOD STANDING WITH THE ICHP, AND ESTABLISHED EXPERIENCE THE WORLD DIFFERENT IN MARCH 2010.



What is conscious hypnosis?

THERE ARE TWO TYPES OF TREATMENT IN CONSCIOUS HYPNOSIS.

- **SUGGESTION THERAPY**
WHICH WORKS WELL WITH THE SIMPLER PROBLEMS; SMOKING, NAIL-BITING, EXAM STRESS, WEIGHT PROBLEMS, CONFIDENCE AND MEMORY BOOST AND USUALLY REQUIRES ONE SESSION.
NOTE: THE WEIGHT PROGRAM TAKES FOUR SESSIONS.
- **ANALYTICAL THERAPY**
BRIEFLY THIS FINDS THE ROOT CAUSE OF THE PROBLEM OR SYMPTOM AND REMOVES IT, THUS GIVING LASTING RELEASE TO THE CLIENT.
THIS DOCTRINE IS CALLED "CAUSE AND EFFECT". ANALYSIS REVEALS THE CAUSES AND CONSEQUENTLY RELIEVES THE SYMPTOMS. WE CLEAR OUT EMOTIONAL BAGGAGE FROM THE PAST, AND RESOLVE INTERNAL CONFLICTS AND CHANGE PAST LIMITING DECISIONS, WHICH WERE USUALLY MADE UNCONSCIOUSLY. IF YOU'VE CHOSEN THE MASSIVE 20 SESSION THERAPY, WE CAN ALSO CONCENTRATE ON WAYS OF YOU FINDING A TRULY SATISFYING PATH IN YOUR LIFE, SO YOU CAN CREATE YOUR FUTURE THE WAY YOU WANT IT.

"Clinical Interventions will always involve some or all of the classic hypnotic phenomena"

Dr. Michael D. Yapko

EXAMPLES OF WHAT TO EXPECT

Stop Smoking Therapy

First we will list out the pros and cons of smoking as you see them. We discuss how you keep yourself smoking. We establish whether one session of suggestion therapy will be sufficient for you to stop smoking, or whether analytical therapy would be more appropriate. If we choose suggestion therapy, then I convert everything we discussed about smoking into positive motivations to stop smoking, and using hypnosis we sell those motivations to your subconscious mind. After therapy, you use your personalised hypnosis recording to strengthen your motivation to remain a non-smoker.

Simple Phobia Cure

First we will discuss the phobia(s) you are finding inconvenient. We will establish whether it is a simple phobia or a complex phobia which will need analysis. (Rule of thumb: If you know why you are phobic about something, it is a simple phobia). We then use hypnotic desensitization techniques and while you are hypnotised we collapse the mental anchor(s) that triggers your phobia(s).

Analytical Therapy

Analytical Therapy uses the BCHAPS model. (Brief Clinical Hypno Analytical Psychotherapy Solution-Focused). First you have your free introductory session where we discuss what's involved. The first few sessions involve teaching you hypnosis and using appropriate techniques for symptom relief. Next comes the hypno-analysis, where we search for root causes of your symptoms. When we find the root causes, you will release any destructive pent up emotions associated with those causes. We then facilitate adult relearning at a subconscious level. Hypnotic suggestions and personalised hypnosis recordings are used to reinforce the positive changes in your life.

Disclaimer

Hypnotherapy is as individual as the therapist, and comments, successes and claims in this brochure should not be considered general to all Therapists.

Experience The World Different
Psychotherapy / Hypnotherapy Clinic
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www.experiencetheworlddifferent.com