



Suzanne Harper

Clinical Hypnotherapist
& Counsellor

What Suzanne can do for you...

Hypnosis is a way of accessing your unconscious mind to find out why you do what you do and to make simple changes that allow you to change your habits easily and comfortably, should you want to. Being in trance is a very relaxed comfortable experience, which allows you to make changes in your habit patterns and behaviour without having to struggle. It can be easy to give up smoking! The biggest fear people have is that they will be "out of control" whereas with medical hypnosis, you are more in control. The contents of the trance are agreed beforehand.

Neuro-Linguistic Programming is the study of the way we code our experiences and how we communicate with others. It is common to all people, regardless of gender, race or culture. Simple changes to the way we code our experiences and communicate with others can make major positive differences. This is especially helpful to anyone who is going through the heartbreak of bereavement or divorce.

Suzanne also teaches the Emotional Freedom Technique which enables a person to be in control of their emotions by tapping a sequence of acupuncture points.

About Suzanne...

Suzanne Harper has been working in the area of holistic health for over 30 years. She became interested in Neuro-Linguistic Programming and Ericksonian Hypnosis in the 1980's, as, using these methods, it became possible to get positive results in weeks and months rather than years of therapy.

JOSSIE
CLINIC

Suzanne studied both here and at the University of California in Santa Cruz. She is a qualified Naturopathic Physician as well as a UKCP registered NLP Psychotherapist and Counsellor and so understands Joshii's dietary programmes and what his patients may need in terms of motivation and support to get the best results.

Education and training

- Accreditation with the United Kingdom Council for Psychotherapy 1994
- Hypnosis training with Richard Bandler in 1990
- Master Practitioner training in Neuro-Linguistic Programming, University of California in Santa Cruz 1989
- On-going seminars and further training including the Emotional Freedom Technique this year

Philosophy...

"Improvement is always possible and change can be easy. I believe that there are always a number of "right" ways - it is just a question of finding one which works well for the individual."

To find out more or to book an appointment with Suzanne please ask at reception or call
+44 (0)20 7487 5456.

JOSHI CLINIC

57 Wimpole Street, London W1G 8YW

T: +44 (0)20 7487 5456 F: +44 (0)20 7486 9622 E: info@joshiclinic.co.uk