

Haylee Ford's Hypnotherapy

Home Page

Hypnotherapist in Cheltenham

Haylee Ford's Hypnotherapy is a clinical practice dedicated to seeing positive results in the lives of people who use our treatment services. We love to see people receiving the benefits of hypnotherapy in a wide range of areas that we cater for, and our expert and qualified service means you will always leave a session feeling deeply relaxed, in control and renewed to go about life in an empowered way.

We are a proud member of The British Psychological Society, bringing psychotherapy knowledge into our qualified hypnotherapy treatments for the best results possible.

Please feel free to browse through our website, see the kinds of issues that our hypnotherapy service can help with and learn more about the nature of hypnotherapy too – it's often not what people expect....

A More Personal Hypnotherapy Experience

We are different to many treatment centres in that we pay close and personal attention to every client that walks through our door. Your initial consultation is one hour long, meaning that we can fully get a sense of what you are going through, work out how to resolve it, and prepare you fully so that you can receive maximum benefit from a hypnotherapy session.

You will always enter our treatment room feeling welcome, secure and able to relax, and during each session you will always remain fully aware and in control of what you are doing and how you are responding.

Our hypnotherapy is different to what you might see on television, where people use hypnotherapy methods as way to entertain crowds by influencing someone's mind. Instead, our hypnotherapy is a professional, healing-based treatment blended with psychology theories that takes place while you are relaxed, but fully conscious and able to still guide the session using your own experience.

We always make sure that all ideas and experiences are your own, coming from you, and our aims are purely to allow you to heal, resolve issues and lead a life that is free from anything that been previously holding you back.

Hypnotherapy Treatments With Us

A hypnotherapy treatment with us is designed to activate your own inner healing mechanisms in a safe way, by freeing up and releasing any negative patterns that may be

operating in your mind. Our minds can be complex mechanisms, our personalities can have many layers, and hypnotherapy is designed to unravel these layers, to go as deeply as you are comfortable with and resolve any behavioural or psychological issues at the root.

We use tools of age regression and replacing negative associations with positive ones so that your mind is able to enhance and benefit your life, rather than holding you back.

Hypnotherapy can deal with a wide range of issues, including

- Anger
- Anxiety
- Blushing
- Compulsions
- Dental Phobia
- Driving
- Exam nerves
- Fear of Flying
- Guilt
- Insomnia
- Low self-confidence
- Low self-esteem
- Migraines
- Nail biting
- Obsessions
- OCD
- Panic Attacks
- Performance enhancement (e.g. sport)
- Phobias
- PTSD
- Public Speaking
- Quitting Smoking
- Self-Image
- Shyness
- Social Anxiety
- Weight loss

Hypnotherapy For:

Anxiety

You might experience social anxiety, anxiety about your health, job, family or even school and exams. We are able to go to the source of the issue in a safe way so that you can begin to re-configure your thought processes to become more positive and aligned with how you wish to feel and act in the world.

Weight Loss

Our hypnotherapy treatments are able to help people lose weight by uncovering the reason for the weight gain in the first place. It could be due to any number of reasons that you

aren't aware of, and our hypnotherapy treatment allows you to discover for yourself what might be causing you to gain weight or not allowing you to lose it. Once we discover where the issue lies, we can work on resolving it, so that your behaviours reflect your renewed state of mind.

We also offer gastric band hypnotherapy to simulate the effects of a gastric band surgery, without you needing to visit the operating room.

Stress Relief

Stress is a common symptom of living in the world with so much to do. Pressures of work and family life can mean that our minds can build up stresses that we aren't sure how to deal with. Hypnotherapy can help you relieve this stress and go forward with the tools you need to deal with challenges much more effectively when they arise for you in life.

Help Sleeping

If you suffer with any form of insomnia, hypnotherapy is a great tool to help you begin to move back into a restful night's sleep. Our treatment helps you to relax your entire body and mind, remove any causes for insomnia and ensure that sleep becomes something that you can look forward to and renew your relationship with.

Sleep at night will shift from something you don't look forward to into a restful and peaceful time that you can enjoy as much as you want to.

Quitting Smoking

Hypnotherapy can help with all kinds of addictions, including smoking. Hypnotherapy allows you to identify what is causing the addiction, and from a relaxed state of mind you are able to access your subconscious mind and let go of any addictive patterns that are still operating within you.

Age Regression

Age regression is a major part of our hypnotherapy treatment, where you are guided to go back in your memory to the time where any issue or negative thought pattern might have begun for you. Using our guidance while we are directed by your experience, together we are able to release past trauma and leave you feeling fresher and fuller, free from past pain that is not serving you in your life anymore.

Call Us Direct Or Book Online

We are always happy to speak with you in whatever form to make sure hypnotherapy is the right fit for you. Feel free to get in touch to book a session, ask any question or further discuss the kind of treatment you are looking for.

We are always happy to help, feel free to contact us today...

About Us Page

Haylee Ford's Hypnotherapy In Cheltenham

We are a service dedicated to utilising the power of the mind to help our clients achieve anything they want to. It might be letting go of stress, quitting smoking, moving forward in professional life, losing weight or becoming emotionally and physically healthy.

Below you can see a full list of what hypnotherapy can help with, and we are always ready to adapt to whatever our client is experiencing.

Our service is a safe, clinical, client-orientated treatment that allows you to access your subconscious mind in a deeply relaxed state. You are still able to fully control everything you say and do, and our role is to guide you to activate your own internal healing mechanisms and let go of what you no longer need in your life.

Our hypnotherapy is not about us influencing you any way. Our hypnotherapy is about us helping you to set your mind and behaviours in the ways you want them to be, releasing past trauma and healing on all levels so that you can live the life you want to live.

About Haylee

Haylee is a fully qualified hypnotherapist and a local Cheltenham resident who loves to see the benefits that hypnotherapy can bring to people. She loves the work she does, and loves how hypnotherapy can help people experiencing such a wide range of issues.

The power and complexity of the mind has always fascinated Haylee, and to be able to use the mind as a tool to bring about greater health, peace of mind and happiness in the lives of people is a role she is grateful to have.

Haylee loves to provide a personal, friendly yet professional service where you can be yourself and enjoy the privacy and confidentiality of a treatment room. Her focus is to help people, and seeing people's eyes light up after a treatment or to later hear about the benefits they are experiencing in everyday life is always a joy for her.

When she is not helping clients, Haylee is also working towards her degree in psychology so that she can further bring in tools used by clinical psychotherapists to maximise the benefits of her treatments.

The mind and its functionings continue to present new opportunities for growth and healing in each session, and she is able to connect with her clients on a personal level wherever appropriate so that she can help each individual in the most effective way.

Haylee is fully insured, is a member of The British Psychological Society and has a Diploma in Hypnotherapy and Counselling Skills.

Why Choose Haylee Ford's Hypnotherapy?

Safe environment

Our environment is a professional one, where you will receive the best hypnotherapy treatment to resolve any issue in your life.

We treat our clients at the Regency Practice in Cheltenham, a safe and private centre where you can feel at ease, knowing that you are away from the noise and bustle of the main road.

Each treatment is led by how comfortable you are, how open-minded you are, and how deep you want to go. Ultimately you are always in control, free to say and experience anything you like.

You are not expected to do anything, share anything or even make any progress. Our job is to help you to do that, and the amount that we can help you is directly related to how open-minded and willing you are in using hypnotherapy as a way to treat your mind and body for increased health and longevity in any area.

Personal, Reliable and Friendly Service

Haylee is very down to earth and people-focussed. She cares about her clients and wants them to experience complete wellbeing in their everyday lives.

You will be stepping into a professional environment that allows you to feel at ease, with a practitioner who is solely focused on helping you lead a better life. Each client has Haylee's full attention during a treatment session, and you can rest assured that we are completely focussed on helping you heal and let go of past trauma.

The backbone of Haylee's hypnotherapy treatment service has been built largely through referrals and word of mouth, which is testament to the great service Haylee provides.

In Depth Consultation

The hour-long consultations mean that you can get maximum benefits from a treatment session. A long consultation means that you are getting great value for your money, and a service that is personal and tailored to you.

Our consultation means that we can fully get a picture of what you are going through and how we can help you, and it also means you can be fully aware of exactly what you will go through in a treatment session.

These in-depth consultations mean that we can write a treatment plan for you that is specifically designed to get you the best results possible.

Hypnotherapy Treatments With Us

Safe, clinical, professional and designed for healing and wellness, our qualified hypnotherapy treatments are designed with our clients in mind to live the best lives possible.

We work to resolve any issues you might be facing, heal the deepest layers of the mind and allow you to live free from past trauma.

Hypnotherapy Treatments Page

After an in-depth consultation where we can work out exactly what you are going through and how best to help you in your life, we can arrange a hypnotherapy session tailored to your needs and personality.

Hypnotherapy works best when our clients are willing and open-minded, ready to heal themselves using the power of the mind. It is the mind and our engrained mental patterns that lead to our actions and behaviours. Hypnotherapy allows us to access these thought patterns so that we can make them as beneficial as possible for you to live a healthy and successful life.

During a treatment session you will be made to feel completely at ease and comfortable. Safe in the privacy of our treatment room at Regency Practice in Cheltenham, you will be able to fully relax, be taken deeply into your own body and mind and allowed to rest in a very relaxed state.

From here, maintaining full awareness of what you are experiencing, we begin to introduce clinical hypnotherapy tools and work on what is causing your issue, and we will begin to set it right so that your life can flourish again.

We use age regression tools to unearth any restrictive, painful or traumatic memories stored in your mind that might be causing issues for you in the present day. We identify any past trauma, resolve it and release it so that you are free once again to experience life more fully.

We also use mental imagery tools and methods of association so that your mind can rest from any painful reactions that it has to certain events or situations. You will be able to re-configure your mind so that it matches your truest desires in life, whether they are health-related, mind-related or career-related.

Anger Hypnotherapy

If you have anger issues or are uncomfortable with the amount of anger you experience day-to-day, we are able to help you release any negative patterns that are holding you back in life. We can identify the cause of anger, see whether it is still helping you, and then begin to heal and resolve it.

Anxiety Hypnotherapy

If you suffer from a racing mind or feelings of anxiety in any area, we are able to go into your subconscious mind where all of your hidden beliefs about yourself and about life are stored. From here we can see what you are believing, what thought-based associations you have and what trauma may be still present inside of you. Once we do this, we can begin to work on release and healing.

Blushing Hypnotherapy

A common cause of embarrassment, which is often caused by embarrassment in the first place, we are able to put a stop to the cycle and leave you feeling more calm and centred in situations where you would like to feel more at ease or strong within yourself.

Compulsion and Obsessions Hypnotherapy

If you have any compulsions or obsessions that have become out of control, we can bring strength back into your life so that you once again feel in control of your own behaviours.

The mind and its compulsions can often take on a momentum of their own. We can slow down the momentum and give you back your power. Good for OCD as well as any other obsession or compulsions you may be experiencing in life.

Dental Phobia

We can help with all kinds of phobias, including dental phobias. We are able to identify what has created the phobia, see how long it has been with you, and begin to re-train your mind to no longer create any unnecessary fear that is holding you back, whether it is in life or the dentist's chair.

Driving Hypnotherapy

To overcome the fear of driving or driving anxiety, we can help to access the part of yourself that holds you back from feeling safe and competent on the road. We can begin to re-build your mental associations so that your driving ability can be utilised through a calm and clear state of mind when on the road.

Exam Nerves

Exam nerves can be common for young people as well as working professionals. Once you realise and decide that you no longer want to feel any anxiety that inhibits your performance, our hypnotherapy treatment can help you to enter the exam room feeling prepared, strong and focussed to do as well as possible.

Fear Of Flying

If the fear of flying is holding you back from really feeling free in life, we can work on your fears, get to their root cause and begin to dig out what might be causing you to feel so fearful. We aim to get you to a point where you can board a flight feeling calm, equipped with the tools you need to handle your fear if it ever does arise.

Guilt Hypnotherapy

If you suffer with feelings for guilt from the past, you are able to access your mind and emotions in a safe and non-judgemental space so that you can begin to let go and forgive yourself for past actions that you now regret.

Letting go of guilt in everyday life can be a hard and challenging thing, but with hypnotherapy and the use of our tools, together we are able to go deeper into the recesses of your mind, and relieve you of what is weighing you down.

You Can Call Or Book Directly Online

Call or book online to arrange a consolation session or to discuss the kind of treatment you need. We are always happy to talk on the phone or via email before you book your first consultation. We want you to feel as ready as possible, and we are always happy to answer any questions.

Insomnia Hypnotherapy

If you need help sleeping at night so that you can rest when you need to, contact us for a hypnotherapy treatment based around falling to sleep easily and getting a good night's sleep. Proper rest is a foundation for a sustained and productive life, and we can help you to get the results you need, and the rest you crave.

Low Self-Confidence and Self-Esteem

If you desire a life full of confidence in yourself and your abilities, while still free to learn and progress in any area of life, then our hypnotherapy treatments can help you access the confidence and power within that may have been masked over time. Many things can lead to low self confidence in a person, and it is our job to work out what causes it for you, remove those causes and instil you with positive associations which allow you true inner confidence to activate and shine forth.

Migraine Hypnotherapy

If you suffer from migraines and wish to relieve your pain, our hypnotherapy can help to ease cause of the pain and tension so that you are more able to function effectively in the world without the build up of stress and tension in the head. We aim to leave you feeling free from pain, without the regular occurrence of migraines.

Nail Biting

A habit that can be hard to shake, in our relaxed atmosphere we are able to identify the base cause of the habit, why it happens, what feels good about it, and then reverse any mental patterns that create it. We can leave you feeling at ease, with the habit no longer in your system.

Panic Attacks

If you suffer from panic attacks, hypnotherapy can help to reduce their occurrence. All you need is a willingness to make progress with hypnotherapy, and we can help to reduce symptoms of fear such as panic attacks.

Parent Issues

Parents issues can often be at the root of other issues. We can give you the power to resolve your own parent issues internally so that the rest of your life can benefit as a result.

Performance Enhancement

Whether its physical performance, professional performance or mental performance, hypnotherapy can help utilise your talents and break down barriers so that you are free to live a more full and creative life where you have more sustained energy throughout your day, free to step into new areas and make advancements in any area of your choosing.

Phobia Hypnotherapy

As mentioned, hypnotherapy can be used for a wide range of fears and phobias. We look at mental associations along with past traumatic experiences and begin to work on healing your mind so that the phobia is no longer present within you, and yet you are still able to maintain your full awareness of safety.

PTSD Hypnotherapy

Hypnotherapy is a wonderful tool for releasing past trauma and painful memories. As long as you are open-minded and willing to relieve yourself from past trauma we will be able to go into your mind and help heal your past trauma and related stress.

Public Speaking Hypnotherapy

A fear that can hold many people back and effect performance, public speaking hypnotherapy allows you to face the challenge in a much more powerful way, allowing you to take control of yourself and the situation.

Quit Smoking Hypnotherapy

We can go to the root of this addiction, identify patterns that have created it, and begin to deconstruct these patterns while replacing them within ones design to remove the addiction from your system.

Self Image Hypnotherapy

Low confidence and low self-esteem can come from the mental image of ourselves being a somehow deficient one. Since this is a self-created image, you gave the power to change it so that how you see yourself is no longer through a negative lens, and you are able to fully empower yourself to fulfil your potential and be the person you are supposed to be.

Shyness

If you seek to overcome shyness, hypnotherapy can provide the tools you need to no longer fear being seen, to remove the fear of being criticised, and allow you to use and showcase your talents whenever you want to.

Social Anxiety

This can occur for many people in varying forms, and hypnotherapy can help to remove it. At a certain point, you may feel that you no longer wish to be held or ruled by social anxiety. We can give you the help you need to overcome it.

Weight Loss Hypnotherapy

Including Gastric Band hypnotherapy, we are able to use our treatments to help you to lose weight.

Gastric band hypnotherapy, for example, allows you to feel the benefit of having gastric band surgery, with no need for physical invasion. We carry it out purely on a deep psychological level, so your mind is the primary object of influence. The mind is deeply connected to the body and its functioning, and a shift in the mind can lead to a shift in the body's cravings for food.

There are always alternatives to gastric band hypnotherapy, where you may prefer to go into the psychological causes for why you can't seem to lose weight, and correct them at the deepest levels so that your surface actions are in alignment with your renewed subconscious mind.

Prices Page

Price List and Booking

Feel free to contact us today with any enquiries or to book yourself in for a consultation. Our hypnotherapy treatment is designed to aid you in any area related to health, fitness, emotional wellbeing, mental clarity or success in life. We are always happy to help, and below you can see our prices and treatments packages we offer.

Each treatment is very personal and tailored to you specifically, so that we can make progress for your life as swiftly as possible.

Book A Consultation Or Treatment With Us Today

We are happy to hear from you, whether you want to book a consultation or just discuss what you need help with. Hypnotherapy is a powerful form of therapy when our clients are open minded and fully willing to heal themselves at the deepest levels.

Feel free to get in touch and make sure you hypnotherapy is the right treatment for you...