

Optimise your mind to live a better & healthier life.

Visit an Experienced Hypnotherapist, Roberta O'Dea, Today

Book your FREE 30 min call

OUR SERVICES

HYPNOSIS CAN HELP WITH...

Weight Loss

Quit Smoking

Stress and Anxiety

Phobias

View All

Hypnotherapy Melbourne, Hypnotherapist Services by Seddon Hypnotherapy Centre - Hypnotherapists Roberta O'Dea

Hypnotherapy: A Transformational Approach to Change with Clinical Hypnosis in Melbourne

In my illustrious career as a certified hypnotherapist at Seddon Hypnotherapy Centre in Melbourne, I've witnessed some truly transformative outcomes. Consider a man, for instance, who had sought help from multiple mental health professionals for his depression with little success. After a single session of clinical hypnosis in Melbourne, he viewed life from a new, more positive angle. His result was simply remarkable.

Likewise, take the example of a chronic smoker who'd been tangled in the destructive habit for three decades. He managed to quit smoking following a single session at our hypnotherapy clinic in Melbourne, showcasing the sheer potential of hypnotherapy to enact lasting behavioural changes. Then there's the case of our client who managed to shed an impressive 30 kgs by adopting mindful and slow eating habits, an approach she developed at our hypnosis centre.

These stories of our Australian hypnotherapy centre are a testament to the revelatory power of hypnotherapy. Here at Seddon Hypnotherapy Centre, we take pride in helping our clients achieve life-altering breakthroughs, steering them towards healthier, happier, and more satisfying lives.

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1. **Anxiety and Stress:** For people in Melbourne who deal with constant anxiety and stress, often as a result of work pressure or personal situations. Hypnotherapy can help manage these common mental health issues.
2. **Smoking Cessation:** With a significant section of the population grappling with nicotine addiction, [hypnotherapy for smoking in Melbourne](#) plays a crucial role in controlling and eventually quitting smoking.
3. **Weight Control:** Obesity and unhealthy eating habits are major concerns for many Melbournians. Hypnotherapy can help address these problems by promoting better eating habits and a healthier lifestyle.
4. **Sleep Disorders:** During COVID, many Melbournians suffered from insomnia and other sleep disorders, and they responded well to hypnotherapy to improve their quality of life.
5. **Chronic Pain Management:** Many residents suffer from conditions that cause chronic pain. Hypnotherapy can help manage pain and improve the quality of life.
6. **Fears and Phobias:** Hypnotherapy is beneficial for individuals dealing with various fears and phobias, providing them with effective coping mechanisms.
7. **Depression:** A significant number of people in Melbourne deal with depression. Hypnotherapy can provide an additional tool for managing this mental health issue.
8. **Alcohol and Drug Addiction:** Many individuals are battling addictions to alcohol or drugs. Hypnotherapy can be a useful component of comprehensive treatment plans.

WHY CHOOSE US?

25+ years of experience

Member of AHA

Independently owned

Large choice of treatments

Read More About Us

Hypnotherapy Clinic in Melbourne Experience: The Essential Way People Make Lasting Change

Here at Seddon Hypnotherapy Centre, our hypnotherapy services aid in addressing a multitude of concerns, thus making it a choice venue for people seeking quality clinical hypnosis in Melbourne. Hypnosis, a potent tool that can aid in stress and anxiety relief, weight loss and even recovery from personal issues, is employed as an intervention strategy.

Hypnosis aims to tap into the resources every client has to ensure lasting change. We don't just treat; we journey with you to identify these vital resources and use them as leverage for the change you need. This change could be shedding those excess pounds or overcoming that constant nervousness. Whatever your need is, rest assured that at Seddon Hypnotherapy Centre, one of Melbourne's renowned hypnotherapist clinics in Melbourne, you're not just another client. You're a partner in this journey towards a healthier, happier you.

We're proud to be among the top choices for hypnotherapy in Victoria, with a proven track record of successful outcome stories. We believe that our success is rooted in our commitment to delivering only the best professional hypnotherapy services. We fuse together modern techniques and insights from extensive research and development to offer a unique approach to hypnotherapy. This mindful blending of the old and new, traditional and revolutionary, gives us an edge in the industry and sets us apart from other Melbourne hypnotherapy centres.

We've made it our mission to redefine the contours of hypnotherapy and rebirth it as not just an effective relief strategy, but also as a catalyst for lasting positive change. We reiterate that at Seddon Hypnotherapy Centre, it's not business as usual, but a transformative journey. Trust us with your stress and anxiety issues, with your weight-loss struggle, or any other personal difficulty. You'll not just find relief here, you'll discover the power that lies within you to overcome and to become a better version of yourself.

Invest in your mental health. Invest in a lifetime of lasting change. Choose Seddon Hypnotherapy Centre, your trusted hypnotherapist clinic in Melbourne.

Book your FREE 30 min call

CLIENT TESTIMONIALS

Hassan

Rachael

Donna

Vania

Michael

[View All](#)

The Power of Hypnotherapy: More Than You May Think

The power of hypnotherapy is more than you may think; it is undeniably impressive. Have you considered how hypnosis can help with insomnia? At Seddon Hypnotherapy Centre, we employ

hypnosis to address the root causes of your sleeplessness. It's not just about treating the symptoms; it's about reaching deep into the issues that cause your insomnia, interruptions in your sleep pattern, or constant wakefulness.

Here at Seddon Hypnotherapy Centre, we understand that a soothing, relaxing hypnotic recording can be incredibly helpful for re-establishing a healthy sleep pattern. Years of practice and evidence back this up. Our hypnotherapists know how to craft these recordings to woefully lull you into a peaceful slumber.

For those in Melbourne looking for the best expert for hypnotherapy in Melbourne's eastern suburbs, our therapists should be your first contact. Why? All our Hypnotherapists, led by Roberta O'Dea, are experts in their field. And when it comes to easing your insomnia, they've got the experience and know-how to get results. So, if you're seeking the very best hypnotherapist Melbourne has to offer, get in touch with Seddon Hypnotherapy Centre today.

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Melbourne Hypnotherapy Clinic

Gain Peace of Mind

It's never too late to take a new approach and change your behaviour with the help of a Melbourne hypnotherapy centre. I believe that those looking for a natural, drug-free intervention for their problems should visit Seddon Hypnotherapy Centre. My approach is client-driven and motivated by watching the wonderful changes that take place in my clients. Seeing positive change re-energises me as I provide tailored, professional, and friendly hypnotherapy in Melbourne. I look forward to meeting with you.

Roberta signature

Roberta O'Dea

[Read more](#)

Image

<https://drive.google.com/file/d/1WSoZab8bEoNcmd4Qa9kKETgVfBrTTE6f/view?usp=sharing>

The most beautiful thing about hypnotherapy is the collaboration it creates between the client and me. We discuss and analyse the behaviour patterns to help the client navigate through stress, anxiety, and other limiting beliefs. These few crucial steps help me create a holistic plan that addresses the symptoms and causes, while allowing the individuals to transform. From supporting men to deal with their nicotine addiction to assisting women gain confidence, I

ensure to provide a comfortable space to my clients seeking confidence and clarity. Visit Seddon Hypnotherapy Centre to heal yourself internally with hypnosis, ensuring profound change. I am glad that collaboratively, we can unlock the path of healing and growth - bringing the long-awaited positive change into your life.

Hilma signature

Hilma Fitzgerald

[Read more](#)

Hypnotherapy in Melbourne: Making Hypnotherapy More Accessible for Melbourne Locals

Looking for a shift in your life? It's never too late! At Seddon Hypnotherapy Centre, we're paving the way by making hypnotherapy in Melbourne more accessible to locals. We believe that it's worth exploring natural, drug-free interventions for resolving your issues. Our dedicatedly curated hypnotherapist services are client-driven, meaning your journey and needs are placed at the core of every session.

Why should you choose us as your partner in this journey? Our founder and lead hypnotherapist, Roberta O'Dea, is deeply committed to watching the beautiful transformations that take place within her clients through the art of hypnotherapy. Observing positive changes fuels her energy and passion for delivering professional, friendly, and tailored services at our hypnotherapy clinic in Melbourne. We eagerly look forward to meeting you, hearing your story, and walking beside you as we enlighten your path towards positive behavioural changes.

Book your FREE 30 min call

Melbourne: Home of Qualified Hypnotherapists

Melbourne isn't just home to a myriad of cultural experiences and appetising cuisines; it's also home to some of the most qualified hypnotherapists in the country. It's where you'll find Seddon Hypnotherapy Centre and our expert hypnotherapist, Roberta O'Dea. Hypnotherapy services are becoming increasingly popular in Melbourne as more and more people discover the life-changing power of hypnosis. Though many hold a misconceived notion that a hypnotist can control their subconscious mind, we assure you that's not the case. At the core of our practice, hypnosis is a tool we use to guide you into a relaxed state where you can safely encounter and understand subconscious thoughts without the noise of everyday distraction. Encountering these hidden thoughts can be pivotal in dealing with mental issues such as depression, anxiety, and more. Our team, led by our qualified hypnotherapist Roberta O'Dea, comprises some of Melbourne's most experienced and compassionate hypnotherapists.

In a city as bustling as Melbourne, it's crucial to have spaces where one can reflect, relax, and rebuild, and hypnosis can be your window into such a space. Through professional hypnotherapy, you can learn techniques to manage stress, overcome personal challenges, or break harmful habits that have held you back. We're all products of our past experiences, but hypnotherapy can help you to let go of outdated tendencies your subconscious mind may be clinging to. In this way, hypnotherapy is not about submitting to control but empowering you to alter negative patterns and start afresh. For decades, hypnosis has been regarded as a means of entertainment. Still, at Seddon Hypnotherapy Centre, we're committed to flipping that narrative and showcasing the incredible transformative power it holds. So, if you are looking for hypnotherapy in Melbourne's northern suburbs, don't hesitate to reach out to our team at Seddon Hypnotherapy Centre, your home of qualified hypnotherapists, where we're always ready to help you unfold a brighter, healthier future.

Book your FREE 30 min call

Discover More About Your Hypnotherapist Clinic in Melbourne: Experience, Approach, and More

Dealing with anxiety often stems from global thinking. At Seddon Hypnotherapy Centre, we understand this, and our experienced hypnotherapist utilises hypnotic intervention to help compartmentalise fears. We provide you with key strategies that encourage a more structured approach to managing these fears. At some point in our lives, we all experience stress. It could be due to a relationship breakdown, a demanding work environment, health issues, or financial concerns. Stress triggers the body to release cortisol, which initiates the fight or flight response, thus putting the body on full alert. Severe anxiety can keep the body in this hyper-vigilant state for years.

Our Melbourne-based hypnotherapy services do not stop at anxiety and stress management. We are also passionate about supporting your weight loss journey. Seddon Hypnotherapy Centre draws from four fundamental principles during our hypnosis sessions in Melbourne to facilitate weight loss.

Book your FREE 30 min call

Seddon Hypnotherapy Centre: One Of Melbourne's Highest-Rated Hypnotherapists On Google

Seddon Hypnotherapy Centre is proudly one of Melbourne's highest-rated hypnotists on Google. It's not just about the prestige of being rated the best by our valued clients; it's about providing unmatched hypnotherapy services that transform lives. The Centre offers a comprehensive suite of services tailored to address a variety of issues. Our Hypnotherapists, led by the renowned Roberta O'Dea, are committed to providing excellent hypnotherapy treatments.

While we're known as one of Melbourne's highest-rated hypnotists, there's more to explore at Seddon Hypnotherapy Centre. With qualified and experienced experts for hypnotherapy in the western suburbs of Melbourne, we don't just provide cookie-cutter solutions. Instead, we offer personalised hypnotherapy and NLP sessions, making us uniquely situated to assist with a broad range of personal issues.

Weight issues, for instance, can take on a whole new perspective under hypnotherapy. Clients often report significant changes after participating in our weight management services. Our hypnotherapists use proven techniques that resonate and yield sustainable results. At the centre of our approach? A dedication to improving the quality of life for all our Melbourne clients.

Hypnotherapy isn't just our job. It's our life. We understand the immense power of hypnotherapy, and we work tirelessly to make these services more accessible to Melbourne locals. Our passion is translated into our work ethic and is reflected in our Google rating as one of Melbourne's highest-rated hypnotists. It's our commitment to maintain this standard as we help individuals navigate through issues, using trusted hypnotherapy methods.

Discover more about our hypnotherapy clinic in Melbourne. Beyond their rich hypnotherapy experience, our hypnotherapists bring a fresh, personalised approach with each client. Our centre in Seddon can truly be your sanctuary, where we focus on offering nothing but the best hypnotherapy services around. [Hypnosis for fear and anxiety](#) can prove to be incredibly powerful; we're grateful for the opportunity to share its benefits with the wider Melbourne community.

Brought to life by our love for hypnotherapy, pride in being a part of Melbourne, and the trust our clients place in us, Seddon Hypnotherapy Centre stands out as one of Melbourne's highest-rated hypnotists on Google. Your wellbeing is our success. You don't have to carry the weight of your issues alone anymore; with our dedicated services, we're here to help you navigate your life's path through the power of hypnotherapy. It's time to make that change you've been contemplating.

Book your FREE 30 min call

Discover Us At Our New Location - Hypnotherapy Clinic At MSAC in Albert Park, Victoria

Image

https://drive.google.com/file/d/1we1dxSODArrbIFISCjOekMhO2WtOV_vJ/view?usp=sharing

You can now access hypnotherapy services at our newly opened location in the Melbourne Sports and Aquatic Centre (MSAC) in Albert Park, Victoria. Situated on level 2 in the Wellness

Area, this venue provides a calm, professional environment with easy parking and modern facilities. Whether you're aiming to overcome anxiety, quit smoking, manage your weight, or improve your sleep, each session is tailored to your individual needs. The approach combines traditional hypnotherapy with the latest techniques to help you achieve lasting and meaningful change.

At the Albert Park location, you'll find a welcoming space where the focus is on identifying and addressing the root causes of your challenges, not just the symptoms. If you prefer a quieter setting away from the city, you can also visit our clinic in Seddon. Appointments are available to suit a range of schedules, making it convenient for you to find a suitable time. You can begin your journey with a quick consultation to see how hypnotherapy can help you create positive change in your life.

FAQs

Does Seddon Hypnotherapy Centre only offer services in Melbourne?

Seddon Hypnotherapy Centre is located in Melbourne and offers services to locals, but also provides online consultations and therefore services people across Australia. This makes seeing a Hypnotherapist more accessible.

Can hypnosis be used to help with weight loss?

Absolutely, our Centre supports individuals on their weight loss journey. Our trained hypnotherapists use proven techniques during hypnosis sessions to facilitate sustainable weight loss.

Is Seddon Hypnotherapy Centre only capable of treating stress and anxiety?

No, our services are not limited to stress and anxiety management. We also treat insomnia, help with weight loss, personal issues, and a variety of other concerns.

Can hypnotherapy help with sleeping problems?

Yes, indeed. At Seddon Hypnotherapy Centre, hypnotic recordings are used to help re-establish healthy sleep patterns. These recordings are designed to facilitate a peaceful slumber.

What makes Seddon Hypnotherapy Centre stand out from other hypnotherapy centres?

We pride ourselves on our commitment to customer success, and the application of modern techniques fused with traditional hypnotherapy insights makes us unique. We offer personalised hypnotherapy, NLP, and EFT sessions tailored to specific needs, making us distinct amongst

hypnotherapy centres. Plus, we hold the honour of being Melbourne's highest-rated hypnotist on Google.

Who runs Seddon Hypnotherapy Centre, and what qualifications do they have?

Our Centre is led by the renowned hypnotherapist, Roberta O'Dea, who is deeply committed to the transformative power of hypnotherapy. She, along with her team of compassionate hypnotherapists, is an expert in their field with extensive experience.

What does a session with a hypnotherapist at Seddon Hypnotherapy Centre entail?

An appointment at our Centre entails a partnership in uncovering the resources every client has for lasting change. Our hypnotherapists guide clients into a relaxed state to safely understand subconscious thoughts without distraction. The goal is to help you change negative patterns and start afresh. We also provide this service for online hypnotherapy sessions.

Does Seddon Hypnotherapy Centre offer group sessions?

We offer online meditation classes on a weekly basis.

How does hypnotherapy help with anxiety at Seddon Hypnotherapy Centre?

We understand that anxiety often stems from global thinking. Our experienced hypnotherapists utilise hypnotic intervention to help compartmentalise fears, providing key strategies for a more structured approach to managing these fears.