

# Our Approach of Clinical Hypnotherapy is Integrating Hypnotherapy with Conscious Therapies

By embracing a holistic approach, hypnotherapy is combined with various conscious therapies, to create a powerful synergy that addresses both the subconscious and conscious levels of your mind. This integration offers a comprehensive framework for personal growth and transformation.

1

## Hypnotherapy and Cognitive Behavioural Therapy (CBT)

allows clients to access deeper subconscious beliefs that contribute to negative thought patterns and negative behaviours. This facilitates profound changes in thought patterns, enabling lasting shifts in behaviour and emotional responses.

2

## Hypnotherapy and Solution-Focused Brief Therapy (SFBT)

enables clients to uncover subconscious strengths and insights, accelerating the development of actionable steps toward achieving their desired outcomes. This leads to quicker, more impactful results in a shorter timeframe.

3

## Hypnotherapy and Dialectical Behaviour Therapy (DBT)

clients can uncover and address subconscious triggers that affect emotional regulation. This integration enhances the practice of mindfulness and fosters the development of healthier coping strategies, leading to greater emotional stability.

4

## Hypnotherapy and Acceptance and Commitment Therapy (ACT)

help clients release subconscious resistance, empowering them to embrace acceptance and take value-driven actions more effortlessly. This leads to a more authentic and fulfilling life.

5

## Hypnotherapy and Narrative Therapy

allows clients to explore subconscious memories and emotions, empowering them to rewrite their narratives in a more constructive manner. This process fosters a sense of agency and self-efficacy, promoting healing and growth.

**Ready to start your journey ? Schedule a consultation with Su Tawana today!**

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