



About us

Gary Diplock is a qualified Clinical Hypnotherapist, Master NLP Practitioner and has a Diploma in Sports Psychology. Whilst based in Banbury, Oxfordshire, Gary travels extensively within the UK to gain knowledge of the latest techniques and to meet his Clients, both at formal sessions and competitions.

He trained at The Dominic Beirne School of Clinical Hypnosis and Psychotherapy, is a Member of The General Hypnotherapy Register, an Affiliate Member of The British Association of Sports and Exercise Sciences (BASES) and a Member of the Association for Neuro-Linguistic Programming. He is recognised as a "One to One" Supervisor by The General Hypnotherapy Register.

The term, "Clinical Hypnosis", means that a variety of different techniques have been studied during training, rather than just one approach.

Give us a call today to find out how we can help you?

Tel: 01295 262379

www.diplock-associates.co.uk

GHR
REGISTERED
General Hypnotherapy Register



GHC
VALIDATED PRACTITIONER
General Hypnotherapy Standards Council

Registration No: 1256



Did you know hypnotherapy does work
and can work for you?

Hypnotherapy and NLP are safe and effective methods to help you achieve your goals, your ambitions, overcome your fears and your phobias putting you back in the driving seat.

What is Hypnotherapy?

A Myth or Reality?

Many misconceptions still exist, which have little or no bearing on the Hypnotherapy practiced today by trained Hypnotherapist's.

Our current level of knowledge indicates the phenomenon cannot be conclusively defined, but a reasonable interim definition might be: "Hypnosis is a state of mind, enhanced by (although not exclusively) mental and physical relaxation, in which our subconscious is able to communicate with our conscious mind".

(Note: Definition is taken from the General Hypnotherapy Standards Council literature.)

Hypnotherapy can be extraordinarily effective but it is not magic

Who can be Hypnotised?

The answer to this question is undoubtedly "virtually everyone", however some are more readily hypnotisable than others. A lot of factors need to be considered, not least of which is the strength of your need, your willingness to be hypnotised and your trust and confidence in your therapist. However, if the time is right and a suitable practitioner can be found with whom you want to work, then all your realistic goals are achievable.

Will I “lose control?”

The general consensus indicates that regardless of how deeply people may go in hypnosis and however passive they appear to be, they actually remain in full control of the situation.

What can Hypnotherapy treat?

Below are some items suitable for treatment with hypnotherapy:

Alcoholism	Anger
Anxiety	Bed Wetting
Behavioural Problems - (Stammering)	(Nail Biting, Blushing,
Chocolate Addiction	Compulsions
Confidence	Dentistry
Depression (to be discussed at time of booking)	Exam Nerves
Eating Disorders	Irritable Bowel Syndrome
Insomnia	Panic Attacks
Pain Control	Post Traumatic Stress
Phobias	Sports Performance
Sexual Problems	Vascular Migraine
Study Habits	and more.....
Weight Reduction	

What do we offer?

1. Free 30 minute initial consultation. (At this stage it may be decided that hypnotherapy is not right for you.)
2. Professional, confidential and caring service tailored to meet your requirements
3. A Service in accordance with the GHR code of Ethics and Practise

Still Anxious?

If you are anxious about trying hypnosis you should be reassured that you cannot be made to do anything against your will that is unacceptable to your own values and patterns of behaviour.

The big advantage of using hypnosis is that it is without side effects.