



Are you dealing with
a stressful situation,
a difficult relationship
or working through
something distressing?

Therapy

Therapy methods used by June

Drawing from Psychotherapy, Hypnotherapy, Neuro-Linguistic Programming (NLP) Emotional Freedom Technique (EFT) and Integral Eye Movement Therapy (IEMT), June provides a bespoke experience to help you achieve a solution.

Integrative Psychotherapy

Helping you gain awareness and find healthy ways to make changes. Working with past and present concerns we help you adapt. You may feel stuck, stressed, feel anxious or be dealing with emotional problems or distress. You may have lost confidence, suffer lack of self-worth or value. In therapy you gain understanding and we find healthy ways to deal with issues and make changes.

Hypnotherapy

You are guided into a relaxed state and encouraged to take helpful, appropriate suggestions on board for purposeful and positive change. Hypnotherapy works with your unconscious mind which holds important information that can be accessed to bring about change in the mind, body and emotions. Using natural patterns concerned with learning, creativity and relaxation of your brain, you are guided into a focussed and conscious state to effect change.

Neuro- Linguistic Programming (NLP)

The aim of therapy is to develop a range choice of responses. NLP works with physical aspects of the body such as how we store mental and sensory information and how this creates our world, or our 'map of reality' that we use to navigate through life. By learning new ways to experience life, NLP can help manage internal conflict, change negative beliefs and open up new possibilities.

Integral Eye Movement Therapy (IEMT)

IEMT generates rapid change in problems and feelings associated with difficult and traumatic memories. By building a resourceful state, IEMT brings your awareness into the present and enables you to integrate the experience and find relief. It involves holding 'images' in mind whilst eye movements are guided. Clients report a lessening of their disturbing feelings and experience.

Emotional Freedom Technique (EFT)

EFT aims to release stored problematic patterns and blockages by tapping on the end points of the body's energy meridians. A form of acupuncture without needles, EFT is based on the premise that all negative emotions are the result of a disruption in the body's energy system. Developed from the ancient Chinese meridian energy system, it aims to release stored problematic patterns and blockages with focus and acceptance.

June works in Leeds and from Regus Offices in Saltaire, Bradford. sessions are £60 - £80 per hour depending on therapy.

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