

# Mental Health Support

## Hypnotherapy in Education Settings

Nable Potential is able to offer unique mental health services in education settings from Nurseries to Universities and for children through to setting staff. While we offer psychotherapy already, part of our services in our eclectic tool box of skills, includes hypnotherapy.

Hypnotherapy has been used since ancient times in various forms to support Mental Health. While hypnotherapy has been used to support children and adults in areas such as anxiety behind the scenes for many years, in recent times this powerful tool has been highlighted by public figures for the amazing results they have experienced. This has given hypnosis as a therapy, acceptance and therefore increased its reach and popularity. Using the power of individuals subconscious, imagination and visualisation along with specific individual suggestions, spectacular change is possible, achievable and lasting. This is especially the case with children as they often daily live, work and regularly use their imagination. Mental Health of and for all in educational settings has and is being given the importance it deserves. Hypnotherapy offers so many possibilities to such a wide variety of people and across many areas of need.

Popularly sought areas of support include but are not limited to:

- Stress Management/ Exam Stress/Performance Anxiety/Relaxation
- Self-Esteem/Confidence Building/Resilience
- Tics and habits
- Anxiety- all forms from separation through to obsessive thoughts
- Behavioral Problems
- SEND
- Enuresis/Encopresis
- Bruxism
- Sleep difficulties/Insomnia



'Our very young child was suffering from anxiety- from Monsters under the bed to wetting themselves to not sleeping. After sessions with Nable Potential our child has no more anxiety and is just like their peers. We are amazed and delighted.'

SW

'Thank you- As an Educator, the last year or two has been beyond stressful. After four hypnotherapy sessions with you, I can now sleep, feel in control and have such better Mental Health. This has been noticed by friends, family and my school!'

GJ

'I was very nervous about hypnosis and very much had in my mind that TV view. I was therefore delighted when I personally experienced such change- in my thoughts, view and inner-self. I now have resolved my anxiety as well as encouraging my teenager to have sessions for exam stress and their phobias. The freedom we both now have is priceless.'

JW



The British Psychological Society

### IN SHORT WHAT DO WE OFFER?

- CPD/Inset/individual/Group-Support
- Specifically qualified and registered to ensure professional quality
- Award winning
- 20 + years of experience in Education with specialist SEND/SENCo qualifications

Nable Potential  
Website: [www.nablepotential.com](http://www.nablepotential.com)  
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