

ROLAND BULLIVANT



*“You can change your
mind...
and change your life”*

ROLAND BULLIVANT

Practice Locations:

Blackdown Healthy Living
& Activity Centre,
Hemyock, Devon
&
Chiropractic Health Centre
193 High Street,
Honiton

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www.teleognosis.com

I use Clinical Hypnosis and Cognitive Behavioural Hypnotherapy to give clients a better chance of achieving their goals and reaching their potential by helping them change their emotions, attitudes and behaviours.

I have been practising since 2001. and am a member of the British Society of Clinical Hypnosis and the Hypnotherapy Association.

I am insured and also on the register of the Complementary and Natural Healthcare Council (CNHC).



Hypnotherapy

Hypnosis is safe and natural. It works by harnessing the tremendous power of the subconscious mind to help overcome a wide range of conditions and challenges. It often provides a fast and effective mechanism for change.

Some of the things for which hypnosis has been known to be beneficial are:

- | | |
|---------------------------|---|
| Addictions (e.g. smoking) | Alcohol problems |
| Anxiety and Panic Attacks | Phobias and fears |
| Stress | Weight Management |
| Lack of confidence | Skin conditions |
| Depression | Social Anxiety |
| Irritable Bowel Syndrome | Sleep disorder |
| Dental anxiety | Pain management |
| Anger Management | Performance anxiety (exam, sports etc.) |
| Compulsions | Extreme morning sickness |
| Some sexual problems | Childbirth |

Contact me for a relaxed, informal and confidential chat to find out more about hypnotherapy and how it could be beneficial for you.

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Medical Endorsement for Hypnotism

“Hypnotism is of value and may be the treatment of choice in some cases of so-called psycho-somatic disorder and Psychoneurosis... it has proved its ability to remove symptoms and to alter morbid habits of thought and behaviour.

"In addition to the treatment of psychiatric disabilities, there is a place for hypnotism in the production of anaesthesia or analgesia for surgical and dental operations, and in suitable subjects it is an effective method of relieving pain in childbirth without altering the normal course of labour."

*(‘Medical use of hypnosis’,
British Medical Journal, April, 1955)*



Hypnotism, Hypnosis and Hypnotherapy

Dr. James Braid initially coined the term hypnotism (or ‘nervous sleep’) in the mid 19th Century. He experimented with the hypnotic state, which we call hypnosis, on his patients and recorded many successes for both physical and psychological conditions. In recent years the term ‘hypnotherapy’ has been used to describe the use of hypnosis in a therapeutic context.

David Elman, who taught hypnotism to thousands of medical practitioners in the 1950’s and 60’s defined hypnosis as a state in which the subject’s ‘critical faculties’ are suspended and ‘selective thinking’ is installed as a result of suggestion.

An example would be the inability to remember one’s name or a number, or to move a hand or foot, or the removal of pain or an unwanted long held limiting belief.

Cognitive Behavioural Hypnotherapy is the blending of the benefits of hypnosis with Cognitive Behavioural Therapy (CBT). This is a powerful and effective combination which has as its foundation the framework and philosophy of cognitive behaviour therapy.