

- Addiction
- Anger
- Anxiety
- Chronic pain
- Depression
- Low mood
- Event preparation
- Grief
- IBS
- Insomnia
- Migraines
- OCD
- Panic attacks
- Phobias
- PTSD
- Self confidence
- Sports confidence
- Stress
- Weight management
- Much more...



*Are you struggling with your mental health?  
Feeling low or lacking in confidence?*

**Clinical Hypnotherapy and Psychotherapy can help!**

Solution Focused Hypnotherapy is a highly effective and safe form of talking psychotherapy combined with relaxation techniques. The therapy is entirely neuroscience based, with a dedicated research program measuring outcomes and success.

We work on moving forward and becoming the best version of yourself, without revisiting the past in anyway.

Imagine feeling confident and in control every day. What difference would that make to your life? What would you be able to achieve?

If you're not quite yourself right now, if you're struggling or obstacles forever seem to be in your way then get in touch today to arrange a **FREE INITIAL CONSULTATION**.

Mental health and  
well-being workshops  
also available for  
businesses and schools

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*Based in Biggleswade. Online sessions also available*

 Songbird Hypnotherapy

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Fully Insured and DBS Checked