

## What to expect at an initial consultation with Cambridge Hypnotherapy

Well firstly **DON'T** expect to be hypnotised because you won't. We don't do any work at all on your issues ~ so you can relax now.

But you can expect to be made comfortable because that's the most important thing about this consultation ~ It's your 20 minutes to make a considered decision if you are comfortable with us and that we're right for you together with having all your questions answered:

Questions like

- How many sessions?
- How long do sessions last?
- How much?
- What's it like to be hypnotised?
- What's NLP, Time Line Therapy?
- Some people ask if it's okay to drive after a session.
- Is it totally confidential?

We will answer all of the above and more so rest assured you will have all the information to make a choice.

AND

if we don't think we're right for you we will tell you and advise you how to get the right way. It's really important to us to make sure you get what you want.

AND

Whether you proceed or not we will give you our 'What will it mean to me' CD with our compliments

AND

If you didn't receive a link to our 30 minutes of hypnosis downloads we will send you that as well, again with our compliments.