



EXPERIENCE CHANGE

Cognitive Behavioural Hypnotherapy
-- Jessica Sturrock --











THERAPY FOR A BETTER YOU

*Change Your Thoughts,
Change Your Life.*

CBT combines practical tools with the power of hypnotherapy to help you break free from limiting patterns, reduce stress and create lasting positive change.

OUR SERVICES & PRICING

	Initial Consultation [approx. 1/2 hour]	FREE
	CBT Hypnotherapy Session [approx. 1 – 1 ½ hours]	£70
	Smoking Cessation Program 1–2 sessions (the 1st dealing with smoking 2 – 2 1/2 hours, the 2nd session is optional and addresses stress related to smoking 1 – 1 1/2 hours. 4 weeks support post sessions)	£325
	Imaginal Gastric Band Program [4 sessions each approx. 1 – 1 1/2 hours each, audio & Free 'check in' session 3 months post final session]	£275
	Understanding Anxiety Group Sessions – please enquire for costs as per numbers. Understanding Anxiety one to one sessions £120 [Understanding Anxiety sessions are 2 x 1 ½ hour zoom sessions & 2 audios]	£120
	Relaxation and Mindfulness Program [2 sessions each approx. 1 – 1 1/2 hours]	£120
	15–20 min General Audio	£20
	20 – 30 min Personalised hypnosis recording	£40

- ✓ All sessions (except for group relaxation sessions) include hypnosis recordings sent via WhatsApp.
- ✓ Session lengths may vary slightly according to client needs.
- ✓ Please log on to zoom or arrive for your appointment promptly to make full use of your session.

*“ Small changes
in your thinking today
create a better tomorrow.*



*Your Wellbeing,
My Priority* ♥

A safe, supportive space where
you can heal, grow and thrive.



GHR

General Hypnotherapy Register
Registered Practitioner

GHSC

General Hypnotherapy Standards Council
Accredited Practitioner



PAYMENT TERMS

Payment is by BACS transfer. Full payment is required at time of booking.

Please note the fees you pay reflect not only the time spent during a consultation but also include time spent on treatment planning, post session evaluation and audio recordings, treatment interventions, chosen methods, procedures, and home exercises, to identify and prepare the most appropriate approaches for you and your individual needs.



CANCELLATION POLICY

A minimum of 48 hours' notice is required to cancel or reschedule an appointment. If less than 48 hours' notice is given you will be required to pay the full cost of the session. To cancel an appointment please contact me directly on the number below to ensure I receive your message. Missed appointments will be charged at the full rate.



OVERSEAS CLIENTS

All therapy is provided in accordance with applicable UK laws, standards and regulations. These may differ from those outside of the UK. It is implicit that by agreeing to remote online therapy, those clients outside of the UK are agreeing to being treated in accordance with applicable UK laws, standards and regulations.

I will also do my best to provide times that are suitable for those in different time zones.

CONTACT ME TODAY



+44 (0) 797 337 8043



OR THROUGH MY EMAIL
jessica@experiencechangehypnotherapy.co.uk

AND LET'S **EXPERIENCE CHANGE TOGETHER!**



www.experiencechangehypnotherapy.co.uk

