

**Ian Blaine – Clinical Hypnotherapist**

Diploma in Advanced Clinical Hypnotherapy, NLP Master Practitioner

Ian is an anxiety and trauma specialist with 16 years experience helping client, with a range of

anxiety disorders including post-traumatic stress disorder (PTSD), acute stress disorder, specific

phobias, panic disorder, agoraphobia, social anxiety, separation anxiety, generalised anxiety disorder

(GAD), obsessive compulsive disorder (OCD), panic attacks, sleep disorder and depression.

Ian also helps clients with lifestyle changes, breaking free from bad habits (automatic behaviours),

for example, stopping smoking, weight management and addictions.

With a variety of therapy and healing modalities, Ian uses the best techniques to suit his client’s

specific needs, including – hypnotherapy, neuro linguistic programming (NLP), cognitive behavioural

therapy (CBT), emotional freedom technique (EFT), kinesiology, counselling support and

mindfulness.

He has an integrative and holistic approach to the person as a whole. He identifies negative distorted

thinking patterns, negative core beliefs and self-sabotaging thoughts that live below the person’s

level of consciousness. He can help you shift your nervous system from sympathetic (fight, flight,

freeze, threat, danger) to para-sympathetic (rest, digest, recovery, relaxation, safe) with powerful

Chi Kung vagus nerve stimulation exercises and breathing techniques and teach you how to maintain

this calm and peaceful state.

With advanced hypnotherapy techniques we can regress back to the sensitizing events and release

the emotional charge from the experience and reframe the perception.

Switch off fear, switch on calm.

“I have enormous empathy and compassion for my client’s struggles and I’m passionate about

helping them shift from where they are to where they want to be”.

Rate: 1 hour $130

1.5 hours $180

Contact: txt or call 027 2731191

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