

Pollin Kamell

B.Sc. (Psych), Dip.Clin.Hyp., Adv.Cert.Couns., Grad.Cert.PsycSoc., NZAPH member

Clinical Hypnotherapist and Developmental Coach

For the past 20+ years, Pollin has had the privilege of working with people from all walks of life, of all ages and from different backgrounds, locally and abroad.

As a Developmental Coach, she has worked with national and international top athletes, award winning business professionals and individuals in the Hollywood film industry, and hence she takes confidentiality and privacy very seriously.

As a Clinical Hypnotherapist, she confidently and successfully works with hard to treat cases because of her different approach to therapeutic intervention. Instead of hypnotising her clients, Pollin de-hypnotises individuals out of their current problematic state of being. This is important because most problems no matter how long standing, has its roots in the psyche being stuck at a particular replay cycle. When the loop is broken and addressed, the issue no longer needs to happen.

Prior to stepping into the therapeutic field, Pollin worked in the public sector assisting troubled youth overcome life struggles and individuals released from prison transition back into the community. In her first 15 years of private clinical practice, Pollin specialised in helping individuals overcome the effects of abuse, trauma, depression, anxiety and addictions; and continues to do so.

More recently (over the last 5 years), Pollin has evolved her private practice to focus on working predominantly with families and young persons:

1. to assist and empower young persons to overcome behavioural problems such as OCD, anxiety, phobias, learning problems, unresponsiveness and self-harming tendencies.
2. to help bridge the growing gap that plagues many families, as life happens; resulting in the parent/s and child, each feeling more and more isolated, misunderstood, unappreciated and powerless in what used to be a loving relationship.

She has recognised that there is an increasing need to help address the issues faced by families at the top off the cliff as a preventative measure; instead of having to deal with the aftermath, at the bottom of a cliff with an ambulance. Ultimately, Pollin works with people who appreciate the importance and value of fulfilling both their own happiness and that of their family.

Pollin utilises her extensive background training in an array of therapeutic modalities, ie. psychology, clinical hypnotherapy, counselling, child psychotherapy, NLP, BodyTalk™, Psych-K™, life coaching, soul regression, Life Between Lives™ and Interactive Drawing Therapy™ (to name a few), to support her clients and their families to become unstuck from issues that may be limiting their enjoyment and expression of life.

Pollin is also the developer and trainer for a process called Re-Emergence that works directly with the unconscious blueprint of the mind to clear out old trauma and unhelpful life perceptions, enabling clients to return back to their innate state of selfness and experience productive changes in their lives. She helps instil in her clients an awareness of a healthy holistic resilience, equip with life skills and knowledge to overcome stress, unpredictable emotions, destructive thoughts and self-defeating habits.