

NLP • HYPNOTHERAPY • LIFE COACHING

# the conway practice



**Jonathan Conway**

Bsc Dip EHPNLP  
MNCH snr Clinician (acc)  
NLP Master Practitioner &  
Coach

Specialist in  
Smoking Cessation  
and Weight Control

- Self Esteem
- Anxiety
- Phobias
- Public Speaking
- Relationship Difficulties
- Learn Self Hypnosis

Help with  
Emotional problems  
and Wellbeing

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01273 540425 • 07956 855027

[www.jonathanconway.co.uk](http://www.jonathanconway.co.uk)

## Up & away

Overcome a fear of flying with  
hypnotherapist **Jonathan Conway**

A holiday abroad to a dream destination can be hindered if the thought of boarding an aeroplane fills you with anxiety.

If your summer holiday is approaching, hypnotherapy and neuro-linguistic-programming (NLP) can help you overcome your fear, so you can have the holiday of a lifetime, without the stress of getting to your destination. What's important to remember is that fear of flying is a learned

response, meaning it can be overcome. Hypnotherapy will 'retrain' the brain so flying is no longer regarded as an impossible or extremely difficult task.

"Hypnotherapy is suitable if you are very fearful of flying and if the body is being triggered into physiological responses: an increase in heart rate, rapid breathing, excessive sweating, nausea and a general feeling of being out of control," says NLP coach and hypnotherapist Jonathan Conway. "Some people find flying uncomfortable while others cannot go near an airport!"

For a fear of flying to be overcome, it is necessary to understand the underlying causes, which can often be based on an earlier life experience. NLP and Time Line Therapy can be useful to understand where the problem started.

"Hypnotherapy helps a person to gain more control," Jonathan explains. "It can be helpful to use visualisation to help a person to be more in control, so they reach the destination feeling calm and relaxed."

Hypnotherapy can be carried out at any time, but Jonathan suggests treatment a month before flying. Two to four sessions would usually be sufficient in overcoming the fear, and hypnosis is suitable for all ages, from the young to the elderly.

Jonathan Conway, Hypnotherapist and NLP Coach, 01273 540 425 or 07956 855 027, [www.jonathanconway.co.uk](http://www.jonathanconway.co.uk)



## DAMAGE CONTROL

**Hypnotherapy** can help you overcome  
anxieties & control your weight

There are times when we can all feel stressed, anxious and unhappy. Often, it is a response something life throws our way and is something we get over in time. Sometimes, however, the feelings linger, having an effect on our self-esteem and wellbeing. Hypnotherapy and Neuro Linguistic Programming (NLP) can help you overcome your phobias and anxieties, by going to the root of the problem, and making a change for the long-term.

When it comes to weight issues, many people who have tried dieting come to a hypnotherapist. This is because food related issues can be complicated. Drifting between different diets in a bid to find one that sticks is the norm for many of us. But if your reasons for reaching for high-sugar snacks are because you are stressed and unhappy, then hypnotherapy may be the answer. "People often overeat because they are unhappy, whether it's in a relationship or a job," says hypnotherapist Jonathan Conway. "Sometimes a weight issue can be connected with difficulties from a person's childhood and low self esteem. Hypnotherapy can be helpful to assist a person to both visualise themselves as able to reach their target weight and also to help the person regain control over their lives."

**"Pause before eating to establish whether it's an emotional or physical hunger"**

Take a pause before eating to establish whether it's an emotional hunger or a physical hunger.

A person also needs to know whether they are focused on eating or distracted by another activity. If you sit eating at your desk or watching the television, you may not be aware how much you are eating. If we grab a meal on the go or eat quickly in order to dash off and do something else, we can overeat, as we are not consciously thinking about the food. Plan your meal times and eat with no distractions, taking your time to digest the food properly. Eating off of a smaller plate is also recommended. As trends in dinnerware sees plates getting ever bigger in size, cutting back to a tea plate size can help you to shift unwanted weight. With weight loss it is good to set a target weight that is safe, sensible and achievable, and keep in mind that gradual weight loss is likely to be sustained for longer.

"With regards to hypnotherapy for weight loss, it can also be helpful to visualise fitting into a smaller clothes size," Jonathan continues. "As the person begins to become slimmer this will increase self esteem and general confidence."

Hypnotherapy can also help with anxiety and stress, which goes back to the age old 'fight or flight' response our bodies take on. "It is all about degree," says Jonathan. "Some anxiety is fine, whereas too much can paralyse the person. It can be helpful to 'reframe the anxiety into energy and enthusiasm. Another tactic could be to limit the anxiety to a few minutes a day and effectively 'park it' into this time slot."

In order to counter anxiety it can be helpful to learn NLP anchoring techniques focussing on breathing and relaxation. "Learning and using self hypnosis can assist a person in overcoming anxiety," says Jonathan, "thus helping a person to be calm and in more control."

Jonathan Conway, Hypnotherapist NLP Master Practitioner and Coach, 01273 540425 or 07956 855 027, [www.jonathanconway.co.uk](http://www.jonathanconway.co.uk)



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