

Services

Personal Services

In the introductory session we discuss what you want to achieve from Hypnotherapy. Additionally we find out what this behaviour is doing for you and agree how best it is to achieve what you want. After assessment we decide whether to use suggestion or analytical therapy.

Business Services

Workshops

Goal Setting, Stress Management, Sales Enhancement, Smoking Cessation programmes.

All services are developed in conjunction with management.

Sports Services

This can be team or individually based. Sports Hypnosis is used with athletes for injuries, motivation, goal setting, self-healing, confidence, distraction elimination etc. John is the Sports Hypnotherapist for the Irish National Karate Team.

Hypnotherapy can Successfully Treat:

Addictions	Exam Nerves	Nervous Tension
Allergies	Fears &	Nervousness &
Anxiety	Compulsions	Decision Making
Assertiveness	Fear of Birth	Nightmares
Asthma	Fear of Flying	Pain Control
Blood Pressure	Fetishes	Phobias
Blushing	Frustrations	Public Speaking
Claustrophobia	Goal Setting	Relationships
Communications	Guilt Feelings	Self Esteem
Concentration	Headaches	Sexual Abuse
Confidence	Independence	Sexual Problems
Creativity	Inhibitions	Shyness
Depression	Insomnia	Slimming
Disorders	Irritable Bowel	Smoking
Drinking	Memory	Some Skin
Eating Disorders	Menstrual Tension	Tinnitus
Emotional	Motivation	Twitching
Problems	Migraines	Ulcers
Enuresis	Nail Biting	

Hypnotherapy can be used to improve the quality of life using creative visualisation with the following: Aids, Arthritis, Cancer, IBS and other illnesses

Contact Details:

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Children under 16 must be accompanied by an adult.

Booking must be made by telephone. Consultations are strictly by appointment and it is regretted that casual callers cannot be seen. A minimum of 24 hours notice must be given for cancellations or the full session fee may be payable.

Active Mind Hypnotherapy

Clinic Galway

Practice of
John McGuire ADHP MICHP
Shirley Kilroe ADHP MICHP

*Hypnotherapist, Hypno-Analyst, Psychotherapist,
Specialist in HypnoAnalytical Psychotherapy*

Healing the mind body connection.

Current Member of the following Ethical,
Professional Associations:

Institute of Clinical Hypnotherapy & Psychotherapy
(IChP Cork)

The National Hypnotherapy & Psychotherapy
Register (IRL).

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Questions and Answers

What is Hypnosis?

Hypnosis is a state of relaxation and concentration. It is a non-addictive power for good and is a natural manifestation of the mind at work.

Are there some people you cannot hypnotise?

No, although the depth of hypnosis varies from person to person.

Could I be made do something against my control?

No. In fact you would be shocked out of the hypnotic state immediately if any such action was suggested to you.

Is there any cause for concern?

None whatsoever. Hypnosis is a proven therapeutic aid.

Are drugs or tablets used?

No.

The Therapy

There are two types of treatment in Conscious Hypnosis.

Suggestion Therapy

This works well with simpler problems: nail biting, exam stress, weight problems, confidence and memory boost. These usually require one session. It is also used for sports performance and gaining the advantage in competitive sports.

Analytical Therapy

This finds the root cause of the problem or symptom and removes it giving lasting release to the client.

This doctrine is called "Cause and Effect". Analysis reveals the cause and consequently relieves the symptoms. The moment of liberating enlightenment may come anytime but usually after eight or nine sessions. One can be fairly confident the release will be obtained within ten sessions or even sooner.

"The problem is inside the client but outside their control"

All sessions are treated with complete confidentiality in accordance with the ICHP Code of Ethics.

Consultation Fees

Personal Services

Introductory session: Should you wish to discuss your problems or gain a greater understanding of the procedures involved before embarking on therapy, please phone and mention 'Introductory Consultation' when making an appointment.

Suggestion Therapy: For Slimming, Nail Biting, Pre Test Exam Nerves etc. Fee: Arranged after Introductory Consultation.

Analytical Therapy: (For all problems other than Nail Biting or Pre-Test Nerves) Fee: Arranged after Introductory Consultation.

Business Services

Developed in conjunction with management.

Sports Services

Developed in conjunction with your sports organisation or on an individual basis.