

Phobias



About Susan

My name is Susan Rayat and I help people to overcome phobias.

I started my career in Human Resources working for various commercial organizations in Generalist HR roles.

In 2005 I found myself at a cross-road when faced with redundancy and it was then that I decided to re-train and become a Life Coach wanting to play to my strengths of working with people on a one-to-one basis. Since then I have trained in therapeutic areas such as Time Line Therapy™, NLP and Hypnotherapy and use these skills to my help clients make certain changes and live their lives to the full.

Clients are able to overcome their phobias with the help of NLP techniques, Time Line Therapy and Hypnosis.

Many people are affected by phobias, from the usual kind below to very unique phobias (such as fear of butter):

- Public speaking / presenting
- Snakes
- Spiders
- Birds / cats / dogs
- Outside spaces / crowded spaces
- Confined spaces
- Dentist
- Driving on motorways / driving
- Flying

Often people suffering with phobias feel embarrassed of their phobic reactions and this can make them feel as though they need to avoid certain situations to help them feel safe. If left untreated phobias can manifest as anxiety into other areas of a person's life and can certainly impact a person's life considerably.

Take control.

Thankfully phobias are a learned behavior, after all nobody was born with a phobia so at some point the association between the phobic trigger and the way the mind 'coded' it lead to a fear being created. Working with NLP, Time Line Therapy™ and Hypnosis allows the relationship with the trigger to be altered which leads to better 'coding' to the trigger (i.e. snake).

How much do sessions cost?

Sessions cost £75 and last an hour.

Where are sessions held?

Sessions are held in Shepperton Middlesex.

How many sessions will I need?

This really depends on each individual but significant changes can be noticed in 1 – 3 sessions.

Hypnotherapy & Coaching Service



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