

About Me



I have been passionate my whole adult life about personal development. For most of my working life I worked in the worlds of finance and I.T.

I worked in senior roles for many national and international organisations, and in my work, spotted so much stress and anxiety, and saw some people deal with it & others crumble.

I found powerful ways to deal with the worst that life throws at you, and how to use your mind to focus your power on directing your life in healthy and positive ways.

I took the decision to share what I have learned to help people find life solutions as I had. I successfully completed a diploma in solution focused hypnotherapy and psychotherapy with the esteemed Clifton Practice Hypnotherapy training organisation, considered the gold standard in solution focused hypnotherapy training.

I am registered by the following professional organisations:

- The Association for Solution Focused Hypnotherapy (AisfH)
- The Complementary and Natural Healthcare Council (CNHC)
- The National Council of Hypnotherapy (NCH)

This means that I am committed to working at the highest possible standards and always adhere to the codes of professional conduct and am fully insured.

Glasgow Hypnotherapy



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Glasgow Hypnotherapy



Lose What's Holding You Back



Stewart McDonald

Solution Focused
Clinical Hypnotherapist & Psychotherapist

How can hypnotherapy help?

Solution focused hypnotherapy can help you with more than you think

- Reducing or removing anxiety
- Learning to be more positive
- Dealing with stress
- Helping you get a better, deeper sleep
- Building confidence
- Defeating phobias and fears
- Enhancing performance in business and sport
- Public speaking
- Dealing with pain
- IBS



All hypnotherapy is self hypnotherapy. We will work closely together, and I will listen to and understand your needs, and prepare an individual plan to achieve your goals.

You will find the process relaxing and reassuring. With the combination of your commitment to the process and my training & experience, we will work to lose what's holding you back.

At our initial consultation I will gather the relevant information, all of which is treated in strictest confidence and will never be shared outside of the consultation room.

Several sessions are usually required, and you will be amazed at how quickly you start to see an improvement.

You should always seek medical advice if you suspect you have a serious medical condition.

What is hypnosis?

Hypnosis is a natural and safe, research based & powerful way to focus attention on an issue or concern in order to lose that thing that's holding you back.

We use a state often known as trance to relax you and begin to bring your conscious and subconscious minds into focus.

Trance is not what you think!

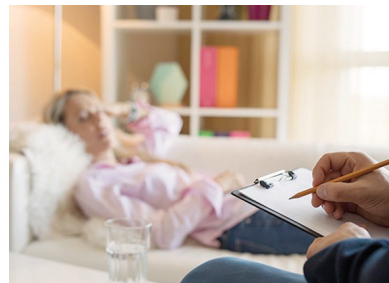
It is a natural state that we enter many times a day, and is essential for our well being, and you do it every day without even knowing!

- Ever noticed how time passes more quickly when you are engrossed in a book?
- Watching a riveting TV show or Film
- Driving a route you travel regularly
- Being focused on a task

Most clients are surprised at how natural and relaxing hypnotherapy is. You never lose control or find yourself doing something you wouldn't want to.

You will remain fully in control at all times.

We spend the first part of each session in talking therapy, thinking about what small step you would like to achieve over the coming week. Suggestions always come from you, guided by questioning.



In therapy, NOTHING happens against your will, you won't reveal secrets and I promise not to make you eat an onion and imagine it's an apple!

Why solution focused hypnotherapy?

Solution focused hypnotherapy is a modern, brain based therapy.

We work with up to date neuroscience based research as well as the very best elements of Cognitive Behavioural Therapy and Neuro Linguistic Programming.

You will be encouraged to explore your preferred future outcome and will be supported in identifying small steps that will help you move forwards to your required outcome.

In solution focused hypnotherapy we pay little or no attention to your past, or where the issue started. We concentrate instead on where you are right now & where you would like to be, working solely on the gap between the two.

I will explain how your mind works, showing you why you are feeling the way you do, and discussing ways to help, with every course of action bespoke to your individual needs and personality.



Solution focused hypnotherapy uses the most modern, researched techniques to allow your own mind to solve the problems that are holding you back, and does so in the most relaxing way you could ever imagine.