

Emotional and trauma release therapy for Chronic Anxiety, Pain and Illness

These multifactorial mindbody conditions¹ are often a combination of toxicity, stress, nutritional depletion and emotional trauma which causes a physiological imbalance of body systems. In order to heal, we must release each of these limiting blockages in turn.

As a **Psychosensory Practitioner**, I support you in recovery and restoration of normal physiological functioning. Sessions are based on the principles of **naturopathy** and **wellbeing coaching** with **emotional release** at its core. In order to achieve this I use a variety of psychosensory therapies:

- EFT (Emotional freedom technique or tapping)
- EMDR (Eye movement desensitisation and reprocessing)
- Havening
- Hypnotherapy
- Wellbeing coaching

I work *with the body* because this is where your unconscious beliefs, emotions and memories are stored, controlling your behaviours in the present. Many people have childhood traumas or unresolved emotions which change your brain's response to stress and hence gives you a variety of seemingly unrelated symptoms. To get to the bottom of the symptoms, we have to address the root cause - **chronic unconscious toxic stress**.

1. Unresolved emotional issues cause physical symptoms via the 'fight, flight or freeze' response. Physical/ pharmaceutical treatment alone cannot solve these issues as their origin is emotional.

Healing Hypnotherapy

Refocuses your subconscious towards health and healing rather than fear and anxiety. A gentle approach using the power of your imagination to change your unconscious mind programme.

EFT or Emotional Freedom Technique

EFT is a simple and effective **energy psychology** therapy that uses tapping points around the face and neck whilst stating realistic affirmations to release stuck emotional patterns.

Along with **Havening**, these are profound self-healing methods, grounding the body in the here and now whilst dealing with issues such as anxiety, loss, anger and the resulting symptoms of pain, fatigue, self-sabotage and panic.

EMDR – Eye movement desensitisation and reprogramming

An unparalleled tool for trauma, it enables **adaptive processing** of traumatic memory via eye movements. It is particularly useful for childhood trauma whether it is obvious like abuse and bereavement, or the more subtle relational (complex) traumas of abandonment or betrayal; they all leave an imprint on the brain which can predispose us to further trauma in adulthood.

How do they work?

Using the power of your **subconscious**, which controls around **90% of your behaviour**. This results from beliefs and values which we stored as children from our parents and peers. Some are inaccurate or unhelpful but they carry on affecting us subconsciously into our adult lives.

About me

I am a **GHR-registered Hypnotherapist, EMDR, and EFT Practitioner** and **naturopath** with a PhD in chronic pain. I am also an award-winning¹ **Chrysalis Effect Specialist Wellbeing Coach** trained in CFS/ME/Fibromyalgia/post-viral fatigue recovery alongside the **Chrysalis Effect Online Recovery Programme**². My specialism is **releasing complex** (childhood attachment) **trauma using psychosensory therapies**.

I am a scientifically-trained holistic practitioner who treats you from a mindbody perspective. At the first consultation I will do a thorough assessment and together we devise a suitable treatment plan for you. Successful therapy relies on your commitment and the rapport we build together. Together with the bespoke tools and between session exercises I give you, I empower you to develop emotional resilience and skills you can use, whenever you need them in future.

Prices

30 min exploratory phone consultation	FREE!
Initial consultation (1.5 hours)	£160
3 sessions (3 x 1 hour)	£375
6 sessions (6 x 1 hour)	£750
Follow up sessions ³	£130

Cancellation of <24 hour's notice will be charged

1. Shining Star award 2019
2. see thechrysaliseffect.co.uk
3. For clients who have completed minimum of 3 sessions



book now

www.alchemytherapies.co.uk

Appointments:

Mon 2-5pm

Tues 9 – 5pm

Fri 9 – 5 pm

Sat 9 – 3pm

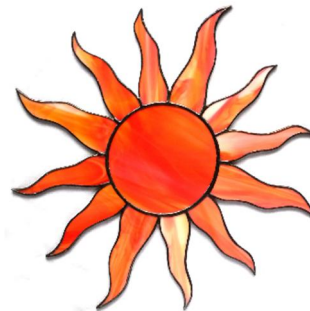
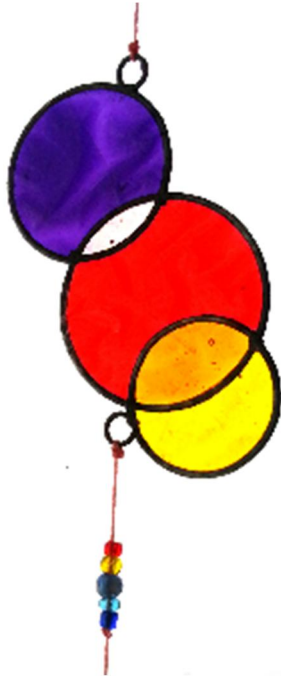
*Online and in person where possible
at my Clinic:*

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*Emotional Healing with
Psycho-sensory Therapies for
Chronic Anxiety, Pain &
other Conditions*



Dr. Patricia Worby

*PhD, MSc., Dip. Hyp. HPPD, GHR and ILM-registered
Trauma therapist and Chrysalis Effect Practitioner*



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