

Emotional and trauma release therapy for Chronic Fatigue/ME/Fibromyalgia

These multifactorial mindbody conditions are caused by a combination of toxicity, nutritional depletion and chronic emotional stress/trauma which causes massive shutdown of essential body systems¹. In order to heal, we must release each of these limiting blockages in turn.

An award-winning **Chrysalis Effect Practitioner**², I support you through the online programme with my Packages of Care, consisting of a *minimum of 6* wellbeing coaching sessions with emotional release at their core. To achieve this I use a bespoke combination of **psychosensory** tools:

- EFT
- EMDR
- Havening
- Hypnotherapy

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 (ACE's³), complex (relational) trauma 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 stress**.

1. via the autonomic 'fight, flight or freeze' response. Physical/ pharmaceutical treatment alone cannot solve these issues as their origin is emotional.
2. Shining Star Practitioner award 2019
3. Adverse Childhood Experience (ACE)

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** (tapping) 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**. I am also a **Chrysalis Effect Specialist Wellbeing Coach** trained in treating CFS/ME/Fibromyalgia alongside the **Chrysalis Effect Online Recovery Programme**¹. My specialism is **releasing complex** (childhood relational/ attachment) **trauma**.

As a trauma therapist and naturopath who combines science and holism, I treat you as an individual with a unique history and experience. At our 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. With the extensive post-session tools and exercises I give you, I *empower* you to develop **emotional resilience** and skills you can use whenever you need them. This is a journey not just to *recovery* but to a whole new life.

Prices

30 min initial phone consultation	FREE!
Initial consultation session (75 mins)	£160
1 session ²	£130
6 session package (6 x 1 hour)	£750
12 Session premium package (or 10+2)	£1500
Easy payment terms available to spread the cost ³	

1. see www.thechrysaliseffect.co.uk
2. for clients who have completed their package
3. see Package of care and T&C's for full details - available on my website



book now

www.alchemytherapies.co.uk

Appointments:

Mon 2 - 5pm,

Tues 9-5pm

Fri 9 – 5pm

Sat 9 – 3pm

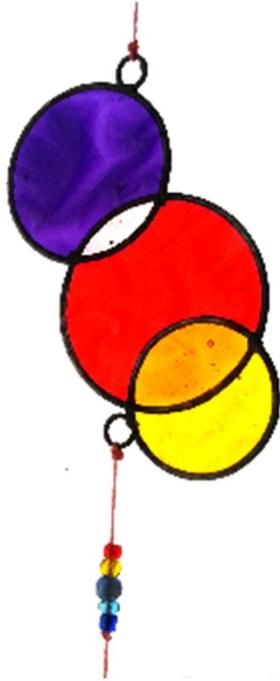
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*Emotional Healing with
Psycho-sensory Therapies for
ME/CFS/Fibromyalgia*



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General Hydrotherapy Registrar
Registered Practitioner



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Dr. Patricia Worby

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Trauma therapist and Chrysalis Effect Practitioner