

Jill Gregory SNHS. dip Hypnotherapist



Hypnosis can help you with:

Anxiety, Alcohol Dependency
All forms of Self Development
Arthritis, Assertiveness, Asthma
Bereavement & Grief
Building Self Confidence
Building Self-Esteem
Diabetes Management
Driving Test Nerves
Gambling, Guilt
Improving Concentration
Immune System, Insomnia
Jealousy
Memory Improvement
Obsessions
Pain Control, Phobias
Preparing for Exams
Procrastination, Public Speaking
Rejection
Stage Fright, Stop Smoking
Stress Management
Weight Loss, Writers Block

I create a bespoke script for each hypnotherapy session I perform. So if your problem is not on the advertised list, just ask & I can create a script to cater for your individual requirement.

I can run sessions from either my offices in Torquay or Exeter or over Skype or using FaceTime. It is also possible to receive treatment in your own home.

The initial "no obligation" consultation is free during which I will specify whether one or more session's are required. Each bespoke Hypnotherapy session costs £85.

Hypnotherapy works because it address's negative patterns in the subconscious mind & stops them from repeating by focussing the minds attention on to a positive pattern instead.

Contact Details
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Testimonials Hypnotherapy - Over Skype in the U.K.

Julie March 2015
Self Confidence

"I enhanced my life by starting two businesses with transformational confidence after receiving hypnotherapy over Skype. Thank you for everything Jill."

Hypnotherapy - Over Skype Abroad Hazel May 2014 Procrastination

"Jill was enormously helpful when I was mentally & emotionally overwhelmed by an important task. After a Hypnotherapy session via Skype, I was able to move forward & my project was a success,"

Hypnotherapy - In the Office Pam, June 2014

The Fear of Anaesthesia

"After the session I was surprised & delighted to find the fear had gone. I felt wonderful. I recommend Jill for any fear or phobia."

Hypnotherapy - In the Client's home Liza, April 2014

Stopping Smoking

"I had a wonderful experience, Jill has changed my life completely. I haven't touched a cigarette since & my life is much healthier now."