



What is counselling?

Counselling offers a safe place for change. One-to-one counselling can empower clients to understand their circumstances, clarify their issues and resolve inner conflicts.

Fundamentally based on conversation, counselling presents an opportunity to talk things through without judgement while generating new possibilities for action and insight into behaviour.

Counselling involves personal sessions that allow clients to explore past and present issues. It often results in improved insight, self-awareness, self-acceptance and behaviour change. Counselling

provides a confidential space in which to explore personal issues.

Setting achievable goals and removing or changing negative behaviour patterns can also be accomplished through counselling.

From offering clients space to grieve, to express personal feelings or to think aloud, counselling is an effective tool to redress unresolved issues.

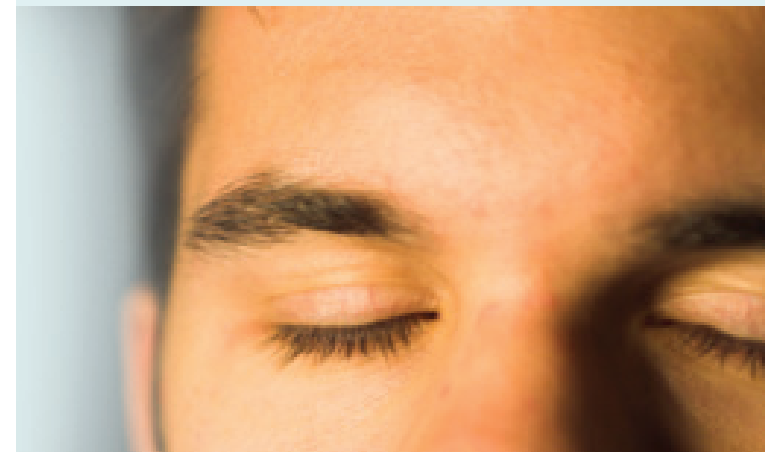
Sometimes the experience of being heard clearly by another person helps clients recognise what is necessary for resolution. In other instances a trained counsellor may employ specific exercises or techniques to facilitate resolution.

Clinical hypnosis

Hypnotherapy is an effective tool for changing behaviours, improving self-confidence and self-worth and for improved memory recall for exams.

Hypnotherapy can assist with:

- Increasing self-confidence.
- Improving sleep patterns.
- Weight reduction.
- Inner strength and self-worth.
- Stress reduction.
- Goal-setting (sports, business or health).
- Increasing assertiveness.
- Smoking cessation.
- Improved memory recall for study and exams.



Hypnosis is a natural state that we pass in and out of several times a day. It is that state of being we enter when we daydream, meditate or simply spend some time 'lost in thought.'

We pass through hypnosis going to sleep and again when we wake up. When in the hypnotic state, a person is usually aware of personal surroundings. Hypnosis is a useful tool for stress relief, relaxation, problem solving and for the introduction of new and positive beliefs about life.

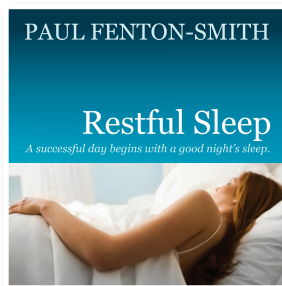
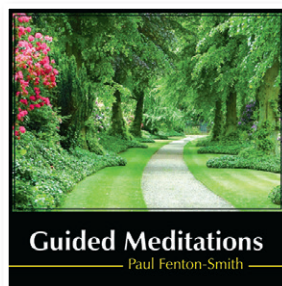
Regression to childhood can be an effective way to revisit an incident that caused or contributed to a fearful or a negative behaviour pattern.

Paul reduces the number of sessions required by offering clients a meditation CD which they can use at home to speed up the process and establish or strengthen new positive habits. The CD is especially effective when used daily and takes around 15 minutes.

Biography

Paul Fenton-Smith has a Diploma of Clinical Hypnotherapy (1986. NSW School of Hypnotic Sciences, Sydney) and has been in private practice in Sydney since then. Paul completed a counselling course in 1992 and is currently updating his skills with further training.

Paul is the author of ten self-development books and has produced a range of meditation and hypnosis CDs.



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Counselling and hypnotherapy

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