

Anxiety Coach and Hypnotherapist

A different approach to counselling

Duration

Bespoke

Introduction

Jason is our anxiety guru!



He provides Solution focussed Hypnotherapy in his private practice along with psychotherapy to overcome anxiety in a different and highly Impactful way. With a deep knowledge about this very topical mental health issue, we are delighted here at Flourish that Jason joins us to share insights, talks, workshops and one-to-one support to the Flourish community.

Jason also specialises as a 'Teen' anxiety coach and is passionate about working with young minds as well as sharing this knowledge with the adults around them, whether that be in education, at work or at home.

He is CNHC registered which means when GPs are looking for clinical hypnotherapy he can be called upon to help. He trained with CPHT in Brighton, part of the Clifton Practice Hypnotherapy Training Groups which is the leading trainer in the UK for over 20 years.

Interesting facts

- Jason had a fear of food and overcame this with hypnotherapy, he loved learning about the brain so much (you see why we love Jason at Flourish) that it took him on a path to his current career
- Previously Jason managed businesses for many years, from small local companies to national and international operations, supporting teams of up to 100 people
- He has coached athletics at a very high standard for 15 years and met with many well-known athletes

Jason can deliver talks and workshops designed for you with topics such as...

- What is anxiety and myths around it
- Stress or anxiety disorder?
- Where negative thoughts come from and how we can change them
- How fears manifest and what can we do to manage them
- Working or teaching teens / young adults with anxiety
- What is hypnosis and how you can use this in everyday life
- Brain anatomy of fear and anxiety
- Techniques for relaxation and calming the mind
- How to manage anxiety in the workplace – supporting staff as well as yourself

Jason can also work one-to-one or small groups

- Within education for pupils/students/teachers/
- Within the workplace (varied approaches)
- Privately

