

Anxiety is currently the single most common reason for referrals to child mental health services. It heavily impacts school attendance and affects daily functioning and happiness. Is your child facing struggles related to anxiety?

I have expertise in helping children and young people living with anxiety, phobias and fears through bespoke sessions that support their natural qualities and strengths.

Are you struggling with emotional challenges that you can't shift? I help create longed for change, generating self-belief and greater ease.

Living with chronic pain is demanding and exhausting. I use hypnotherapy and creative tools to support management and reduction of your sense of pain, resulting in the experience of greater energy and sense of wellbeing.

Based in Mid-Devon I work in-person and online.

Over the past 35 years, I've been exploring one simple question: what helps people change? Whether that's making changes with physical or mental health, changing a life situation or letting go of a habit.

That question has stimulated my career as a lecturer and researcher in The University of Exeter, and as a trainer and facilitator with many community organisations and creative projects. Whether I was teaching students, working with 'at risk' youth, training adults, leading academic teams or developing socially engaged research, there was always that common thread; helping people discover new ways of understanding themselves and finding possibilities they couldn't see before.

It is well understood that real change happens in relationship. There is no replacement for humans being human with each other. When two 'cellos are placed alongside with only one being played, the second 'cello vibrates with the sound of the other. They are literally resonating. This happens also, in human-to-human communication, when one person experiences the sensation of making sense, of being valued and respected, of having worth.

In a face-to-face hypnotherapy session with me, whether in person or online, I facilitate this quality of resonance, creating an environment in which deep and lasting change can occur.