

## Consultation Fees

Includes free hypnosis CD/MP3 valued at €20.

All consultations are strictly by appointment only and confidentiality is assured.

Each person and each challenge is unique. Therefore, the number of consultations varies. Suggestion Therapy usually takes one session which includes a Free Hypnotherapy CD/MP3 for reinforcement sessions. Analytical Hypnotherapy takes on average 8-10 sessions which also includes a Free Hypnotherapy Audio CD/MP3 to reinforce the work at home.

### Fee €60 per session for Analytical Therapy

Which takes approximately 8-10 x 50 minute sessions.

### Fee €110 per session for Suggestion Therapy

Smoking, Slimming, Nail-biting, Pre-test nerves, Confidence building, Sports improvement, Stress, Public Speaking, Flying, Memory, Concentration, Exam Preparation & Study Habits etc.

### Suggestion Therapy

(For Smoking, Slimming, Nail-biting and Pre-test /exam nerves (see above). One session only is required which includes a Free Hypnotherapy Tape for Solution-Focused Therapy on the symptoms you consult with. The personalised Hypnotic CD/MP3 will maximise the desire for change as you enjoy the most rapid and powerful results.

Note: There is no Introductory Talk necessary for Suggestion Therapy.

### Analytical Therapy

(For all problems other than those mentioned above in the Suggestion Therapy box).

Requires separate weekly sessions of approx. 50 minutes. This is a totally confidential, non judgemental, private and individual therapy. The first session is concerned with finding out about your problem and assessing how best to treat it.

### Introductory Consultation — No Fee

Should you wish to come and discuss your problem (except Suggestion Therapy) before embarking on Therapy, please phone and mention 'Introductory Consultation'. There is no fee for this preview talk (usually 30 minutes approx.).

### Disclaimer

Hypnotherapy is as individual as the therapist, and comments, successes and claims in this brochure should not be considered general to all Therapists.

### Bookings Should be Made by Phone

Phone: (085) 1318344

Opening Hours: We can arrange a mutually agreed date & time.

Analytical Sessions last 50 minutes (approx.), Suggestion Therapy sessions last about 100-120 minutes.

## HYPNOTHERAPY CAN SUCCESSFULLY TREAT

Smoking, Slimming, Drinking, Nail-Biting, Some Skin Disorders Allergies, Nervous Tension & Anxiety, Phobias, Fears & Compulsions, Nightmares, Insomnia, Sexual Problems, Enuresis, Shyness & Blushing,	Nervousness & Decision Making, Public Speaking & Confidence, Migraines, Addictions, Asthma, Blood Pressure, Blushing, Claustrophobia, Eating Disorders, Emotional Problems, Frustrations, Guilt Feelings, Headaches, Inhibitions, Irritable Bowel,	Menstrual Ten- sion, Pain Control, Panic Attacks, Shame. Stress, Stuttering, Tinnitus, Travel Fright, Twitching, Ulcers, Assertiveness, Concentration, Communica- tions, Creativity, Exam Nerves, Goal Setting, Independence, Memory,	Motivation, Relaxation, Self-Esteem, Study, Sports Motiva- tion, Fear of Child- birth, Depression, Survivors of abusive childhoods, child Abuse, & Trauma, And many other problems where emotional or psychological forces are in- volved.
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Experience The  
World Different  
Hypnotherapy Clinic

Private Practice of

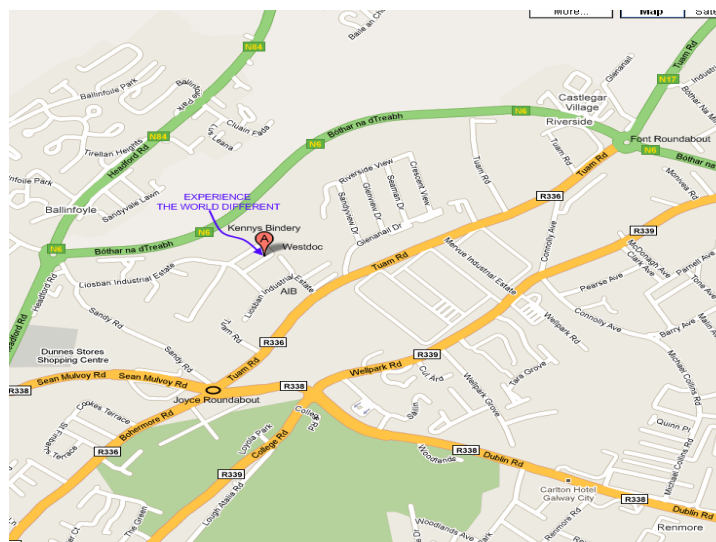
Daniel Madden (ADHP MICHP BE)

Hypnotherapist, Hypno-Analyst,  
Psychotherapist, Specialist in  
HypnoAnalytical Psychotherapy



Current Member of the Following Ethical,  
Professional Associations  
Institute of Clinical Hypnotherapy  
& Psychotherapy  
The Hypnotherapy & Psychotherapy Register  
(IRL)

## HOW TO FIND US



Minors under 18 must be accompanied by an adult

Experience The World Different  
Psychotherapy & Hypnotherapy  
Clinic

[www.experiencetheworlddifferent.com](http://www.experiencetheworlddifferent.com)

[www.hypnotherapyassociation.ie](http://www.hypnotherapyassociation.ie)

Contact: Daniel Madden

Tel: 085 1318344

Email: [dmadden@experiencetheworlddifferent.com](mailto:dmadden@experiencetheworlddifferent.com)

## Questions & Answers

- **What is Hypnosis?**

A state of relaxation and concentration at one with a state of heightened awareness induced by suggestion. It is a non-addictive power for good and is a natural manifestation of the mind at work.

- **Are there some people you cannot hypnotise?**

No. (Anyone who has ever daydreamed or who has ever tranced out & gazed off into the distance can be hypnotised). Of course, you can choose not to be hypnotised, but then why would you go to a hypnotherapist!

- **Are drugs or tablets used?**

No.

- **Shall I be aware of what is happening?**

Yes. The predominant feeling of most people is - 'It didn't work for me — I never went under'.

- **So I am not asleep then?**

No. You are simply extremely relaxed. This is why the technique is called "Conscious Hypnosis".

- **Is there any cause at all for concern?**

None whatsoever Hypnosis is a proven therapeutic aid.

- **How many visits will I need?**

Simpler problems like smoking, nail-biting, slimming, pre-test nerves etc. usually require 1-3 sessions and the success rate is surprisingly high. The more deep-rooted nervous disorders require 'analytical' rather than "suggestion" therapy which usually consists of 8-12 weekly sessions.

- **Could I be influenced to do anything against my will or nature?**

No. In fact you would be shocked out of the hypnotic state immediately any such action was suggested to you.

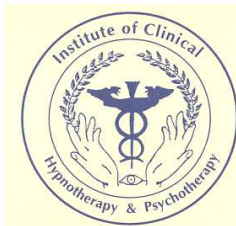
- **Can "normal" people undergo Hypno Psychotherapy and Psycho-Analysis?**

Not only can they, but they should. For an insight into yourself, it has no equal.

If any member of the general public has a genuine cause for concern, the client at all times has the right of recourse to the Institute of Clinical Hypnotherapy & Psychotherapy Complaints, Disciplinary and Ethical Committee at ICHP Headquarters, Therapy House, 6 Tuckey Street, Cork City.

### DANIEL MADDEN

DANIEL MADDEN HAS THREE AND A HALF YEARS EXPERIENCE WORKING VOLUNTARILY OFFERING EMOTIONAL SUPPORT TO PEOPLE USING RAPPORT BUILDING ACTIVE LISTENING TECHNIQUES.



HE RECEIVED HIS DIPLOMA IN CLINICAL HYPNOTHERAPY FROM THE ICHP, WHICH IS A ORGANIZATION WHICH PROMOTES THE ETHICAL USE OF HYPNOSIS TO HELP PEOPLE FIND AND USE THEIR OWN INTERNAL RESOURCES FOR POSITIVE AND PERMANENT CHANGE. HE IS A MEMBER IN GOOD STANDING WITH THE ICHP.

#### *What is conscious hypnosis?*

THERE ARE TWO TYPES OF TREATMENT IN CONSCIOUS HYPNOSIS.

• **SUGGESTION THERAPY**  
WHICH WORKS WELL WITH THE SIMPLER PROBLEMS; SMOKING, NAIL-BITING, EXAM STRESS, WEIGHT PROBLEMS, CONFIDENCE AND MEMORY BOOST AND REQUIRES ONE SESSION.

• **ANALYTICAL THERAPY**  
BRIEFLY THIS FINDS THE ROOT CAUSE OF THE PROBLEM OR SYMPTOM AND REMOVES IT, THUS GIVING LASTING RELEASE TO THE CLIENT.

THIS DOCTRINE IS CALLED "CAUSE AND EFFECT". ANALYSIS REVEALS THE CAUSE AND CONSEQUENTLY RELIEVES THE SYMPTOMS. THE MOMENT OF LIBERATING ENLIGHTENMENT MAY COME ANYTIME BUT USUALLY AROUND SESSION SIX. ONE CAN BE FAIRLY CONFIDENT THE RELEASE WILL BE OBTAINED WITHIN EIGHT TO TEN SESSIONS OR EVEN SOONER.

"Clinical Interventions will always involve some or all of the classic hypnotic phenomena"

Dr. Michael D. Yapko

#### EXAMPLES OF WHAT TO EXPECT

##### **Stop Smoking Therapy**

First we will list out the pros and cons of smoking as you see them. We discuss how you keep yourself smoking. We establish whether one session of suggestion therapy will be sufficient for you to stop smoking, or whether analytical therapy would be more appropriate. If we choose suggestion therapy, then I convert everything we discussed about smoking into positive motivations to stop smoking, and using hypnosis we sell those motivations to your subconscious mind. After therapy, you use your personalised hypnosis recording to strengthen your motivation to remain a non-smoker.

##### **Simple Phobia Cure**

First we will discuss the phobia(s) you are finding inconvenient. We will establish whether it is a simple phobia or a complex phobia which will need analysis. (Rule of thumb: If you know why you are phobic about something, it is a simple phobia). We then use hypnotic desensitization techniques and while you are hypnotised we collapse the mental anchor(s) that triggers your phobia(s).

##### **Analytical Therapy**

Analytical Therapy uses the BCHAPS model. (Brief Clinical Hypno Analytical Psychotherapy Solution-Focused). First you have your free introductory session where we discuss whats involved. The first few sessions involve teaching you hypnosis and using appropriate techniques for symptom relief. Next comes the hypno-analysis, where we search for root causes of your symptoms. When we find the root causes, you will release any destructive pent up emotions associated with those causes. We then facilitate adult relearning at a subconscious level. Hypnotic suggestions and personalised hypnosis recordings are used to reinforce the positive changes in your life.

**Experience The World Different  
Psychotherapy / Hypnotherapy Clinic  
Liosbaun, Galway**

**Liosban Business Centre,  
Unit 8, Liosban Industrial Est,  
Kilkerrin Park, Tuam Rd, Galway.**

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