

Price guide for One-to-One sessions

Standard terms and conditions on next page

	Harpenden	Harley St
Standard rate		
Initial assessment one hour	£99	£147
Follow-on sessions of 1 ³ / ₄ to 2 hrs	£198	£275
First hour any one session	£99	£147
subsequent hours in any one session	£99	£128
Work usually requires between one and seven hours.		
Stop smoking		
Treatment is geared for a single session (1 ¹ / ₂ to 2hrs), including free initial telephone consultation.	£198	£275
Follow-up session (if required)	£99	£147
Weight control		
As per general rate above		
Phobias		
Some simple phobias may take only one hour:	£99	£147
or require a further 45 mins to one hour at the same 'sitting'.	+£99	+£128
If more involved, further work is at the standard rate above.		
PERSONAL BREAKTHROUGH – Step up a gear in life!		
Step up to a whole new level of motivation, happiness and fulfilment. This process will -		
(1) clear out past negative emotions; (2) remove fears and doubts		
(3) uncover and resolve unsupportive, and inconsistent underlying unconscious thinking patterns which sabotage your desired achievements; (4) set up your future in a way that your mind seeks to turn into reality		
	£99	£147
Initial assessment one hour or as required:		
Three or four 1 ³ / ₄ to 2 hr sessions at the standard rate above.		



GHsc
VALIDATED PRACTITIONER
General Hypnotherapy Standards Council

GHR
REGISTERED
General Hypnotherapy Register

TIME LINE THERAPY™
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STANDARD TERMS & CONDITIONS

Subject to an initial assessment, and to the conditions listed below, I will offer to work with you to achieve your outcome, as agreed together. I will propose a treatment plan, although I cannot guarantee outcomes, as ultimately the responsibility for change is yours. Naturally, not following instructions may undermine achieving a successful outcome. Hence it is important to

- follow instructions given before, during and after treatment
- inform me of possibly significant issues
- follow treatment through to its full course
- inform me of relevant issues arising within one week of previous session
- note that tasks, where assigned, form an integral part of the treatment, including prescribed timescales for completion
- test the work carried out as requested.

You book appointments on a session by session basis. Please do not book further sessions if you are not entirely happy to do so, and understand that if you book subsequent sessions, this will be taken as confirmation that you are satisfied with all previous work undertaken.

Cancellation

You can cancel an appointment at no cost with 7 full working days notice, and a nominal fee from 4 to 6 days notice. I reserve the right to charge 50% of the session fee or the fee for a one-hour session where less than 48 hours (working days) notice is given, and the full fee if 24 hours or less