



The Letting Go Clinic

ARE YOU READY FOR CHANGE?

Using a mixture of Clinical Hypnotherapy, NLP, CBT and Oldpain2go your chronic pain or anxiety can be reduced or even eliminated.

This therapy is also very effective when dealing with emotional issues that have been hold you back in life.

WHAT HAPPENS IN A SESSION?

Sessions are conducted via zoom or phone. The first initial session lasts for 2hours, where we will go into what is currently going on for you to seek help and then progress from there to help you gain freedom from physical or emotional pain.

After initial session there are 3 follow up sessions that last 40mins- 1hour.

4 weeks of working together is \$580.

Any follow up sessions will be \$80.

(As of February 2020)