



YES!! It is TRUE. Learning hypnosis might be the most valuable thing you ever experience. Almost anything you want to change about your life is easier than you think.



Health, happiness, well-being and vitality are desperately important in your life. If you feel like you are lacking in anything in your life, or feel there are changes you would like to make, then make them now. You can choose the right path – a different path – today.

Call Shirley today to book in your free
telephone consultation:
07845594212

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A Little Bit about me

I am Shirley McLean and my passion and joy is helping people just like YOU.

If someone had told me years ago I was going to be a Hypnotherapist I would of laughed at the very thought and now years later, here I am, as an Advanced Clinical Hypnotherapist, NLP (Neuro-Linguistic Programming) and EFT (Emotional Freedom Technique) Practitioner.

I have always been interested in thoughts, behaviours and why we do what we do to, to fill our life needs, not to mention what drives us to have an unwanted behaviours, negative self-talk, our beliefs and values.

Health and wellness has been my passion for most of my life, having a background in Pharmacy for 31 years, with 16 years Manager experience. Although during that time funnily enough never taking medication myself and remaining fit, healthy and energised.

The more experience and knowledge I gained, the more the feelings grew inside me that something didn't quite resonate with me, my beliefs had changed, the side effects of certain medication and the cocktails of drugs being prescribed and the monitoring of them was interesting.

'my belief is everybody is trying to care for people in the best way they know with the knowledge that they have'

I do believe there is a place for 'pills' and all types of therapy, my belief is also that everybody is trying to care for people in the best way they know with the knowledge that they have. My disappointment was the lack of resources to educate people to tap into our own healing power and educate how to do that before trying a magic pill as the first go to choice, in certain cases using medication alone doesn't help the individual learn new life skills.

Our mind is a powerful tool, it has the power to keep us healthy and the power to make us sick. If the brain expects that a treatment will work, it send a chemical into the bloodstream which accelerates the placebo. The opposite of that is also TRUE and equally powerful when the brain expects the treatment to have a more negative affect it will the nocebo effect, eg. you are told it's a drug that has terrible side effects then it probably will, this is called the nocebo effect.

'If you believe a treatment won't help you, it probably won't – and vice versa.

I myself as everyone else offer no cures and give no guarantees of success.

What I do – I believe YOU hold the solutions you need inside YOUR head. I educate, condition and train the subconscious mind into automatically making choices that are in harmony with YOUR success.

My programs are successful by using a combination of methods and not just your typical hypnosis session.

Where do I work – I provide online sessions via Zoom, WhatsApp, Teams and Facetime.

I see clients for face to face sessions at two locations Prestwich Holistic Centre and Prestwich Pharmacy. How can I Help You – The list is endless!! I can help you gain control over an unwanted behaviour you don't want. I can help you cope better if you have feelings of Anxiety, Stress, and Depression. I help with diet free weight Loss, accredited with the founder of the Virtual Gastric Band Programme, Sheila Granger.

I help with Stop Smoking, Sleep, IBS, Type 2 Diabetes Compliance, Confidence, Self-Esteem, Sports Performance, Business Mind-Set, just to mention a few!

If people like you,
they'll listen to you,
but if they
trust you, they'll
**have therapy
with you**



Virtual Gastric Band



This is NOT a diet!
The Virtual Gastric Band hypnosis programme is carried out over four consultations,

- Entirely change the way you think and feel about food, your mind-set and behaviour towards it
- Your habits and portions
- Your choice of food
- Your motivation to exercise
- All without dieting!!

Hypnosis will give you a foundation for a life changing new relationship with food that will enable you to become the person you want to be.

This hypnotherapy weight loss programme is designed specifically for you, it is not 'one size fits all'

This means you are guaranteed the best possible results from the Gastric Band Hypnotherapy. Generally people find the average weight loss in the first week is 6-7lbs, you lose weight quickly in week one then steadily 2-3lbs is lost each week after this until the desired weight is reached. This is all done without dieting.

This is not a diet, in fact dieting is strongly discouraged as they do not work. You are encouraged to eat whatever you like, just less of it. So there are no feelings of deprivation. In fact the majority of clients report a feeling of freedom from thinking about food.

Reclaiming Your Self Esteem

Self-esteem is the opinion we have of ourselves. We were all born equal, authentic, and very unique and we 100% liked ourselves, then we started receiving messages about us, positive and negative. For some reason, the message that you are not good enough or feel not loved are the ones that stay with you. Then we start to say 'Everything's fine' when someone asks, however that is certainly not how we feel inside.



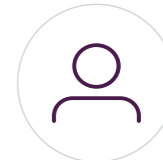
3 x 1 Hour Sessions

The reclaim your self esteem programme consists of 3 x 1hr consultations designed to help focus on the present and create skills for life. this will identify negative self talk, installing positive self talk.



Negative Light

This programme is suitable for anyone that tends to see themselves in a more negative light, maybe less able to take on the challenges that life throws at us. When low self-esteem becomes a long term problem, it can have a harmful effect on our mental health and our day to day lives.



Aims & Goals

Establishing Aims and Goals, this comes with a personalised audio to listen to in-between sessions and guidelines, to get you back to that authentic, unique shiny diamond that you are, liking yourself.





Anxiety Antidote

This programme is designed to give you many techniques including hypnosis to give you greater control over the stress in your life, you will feel better and live longer!! And if you're good at anxiety, you're good at hypnosis!!

The programme is carried out over 3 sessions and is designed to bring about a gradual change to your mind-set, this is not a short term fix- this potentially creates skills for life. When you use the 'tools' you will develop lifetime habits and become more resilient to future life events.

There are so many benefits when you have control over Anxiety:

- Your immune system strengthens
- Your stamina increases
- You make better decisions
- The overall quality of your life will be significantly enhanced
- You will experience less anger, less fear, less physical discomfort and a greater sense of background happiness and well-being
- You will achieve deep states of relaxation
- You will have more energy
- You will be more effective in your every-day life
- You will access your body's natural ability for instant calm and deep relaxation
- You will change your response to stress and worry and stay at your best for longer.



Sleep Well

The aim of the sleep programme is to break the cycle of poor sleep and re-boot the body's natural ability to fall asleep naturally and stay asleep over three 1 hour sessions. A good sleep hygiene guide is included and a bedtime audio.

9 Reasons For a Good Night's Sleep

- 1. Sleep helps you feel your best
- 2. Sleep protects you from heart disease, diabetes
- 3. Sleep burns calories
- 4. Sleep keeps extra pounds at bay.
- 5. Sleep boosts your immune system
- 6. Sleep improves brain function
- 7. Sleep helps you look better.
- 8. Sleep improves your mood.
- 9. Sleep keeps cravings in check.

Commit to CANI! – Constant And Never-ending Improvement!

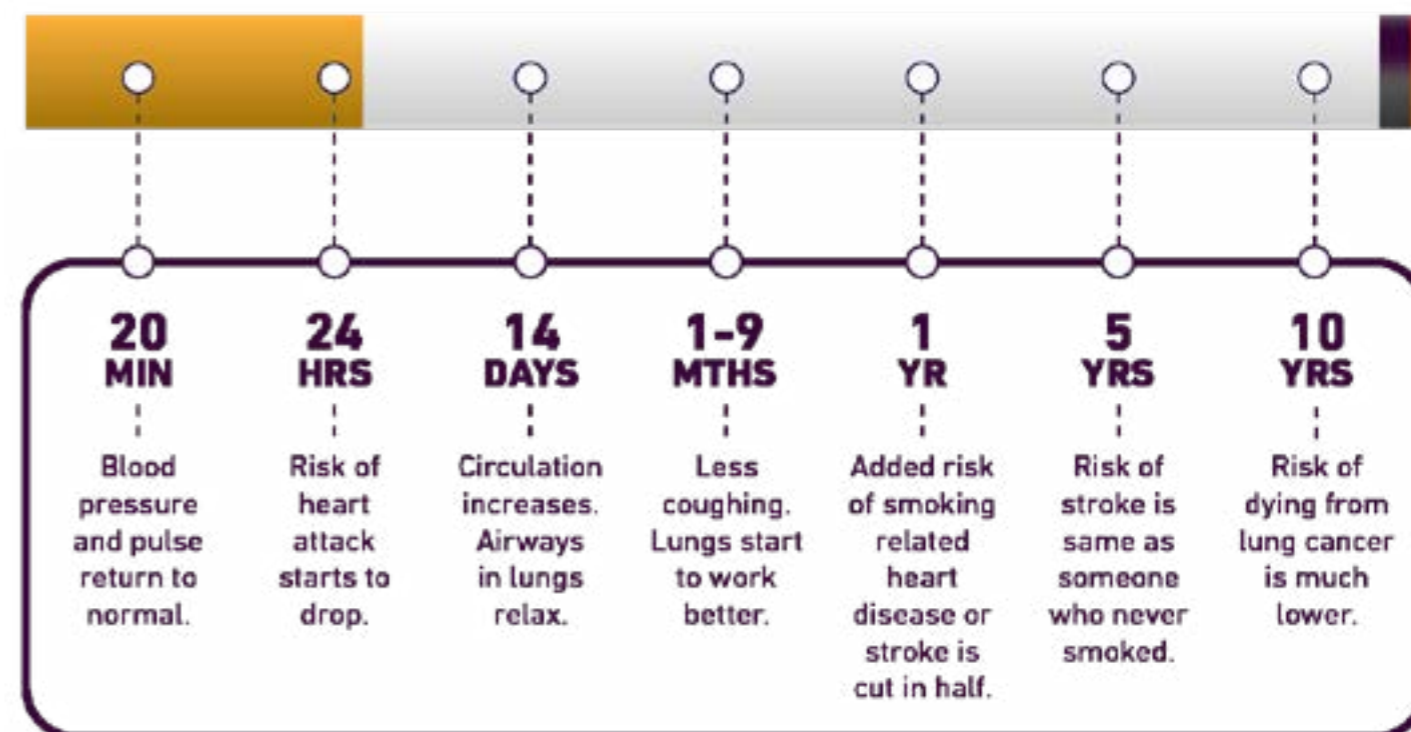


Stop Smoking In 1 Hour

It can be easy to quit smoking in just one session with this special Harley street hypnotherapy stop smoking technique.

It can be easy to quit smoking in just one session with this special Harley street hypnotherapy stop smoking technique. The reason hypnosis works so well is easy to understand. Like all habits, is controlled by the subconscious part of the mind. I don't need to go through all the smoking facts you will already know, however when you are ready to quit and you make the decision to quit I can help and you will reap the benefits and freedom of being smoke free with more energy, improved immune system, longer life expectancy, better breathing, less stress, younger looking skin. More money.

Did you Know?



Free Consultation

To ensure success you will be offered a free consultation by phone to establish if you are a good candidate for this treatment.

**Book in your FREE Phone consultation:
07845594212**



Why me? | How Am I Different? |

The drink less alcohol programme is not for alcoholics. This is for people who recognise that their drinking interferes with their lives in a negative way .

Drink Less Alcohol

The drink less alcohol programme is not for alcoholics. This is for people who recognise that their drinking interferes with their lives in a negative way such as- you often feel the need to drink alcohol, you get into trouble because of your drinking, other people warn you over how much your drinking, stress, anxiety, low self-esteem and depression.

It is important to be accurate and honest about how much you drink and any problems that it is causing.

We are a culture of drinkers, which I kindly support, however sometimes we use alcohol as an emotional crutch that leads us down the slippery slope of another drink to forget, to forgive etc

I believe that alcohol is the symptom not the cause of over drinking and the desire to drink more than we would like to is an emotional habit. An emotional habit that can be unlearned!

The aim of this programme is to reduce the alcohol intake to a more moderate and acceptable level.

The drink less alcohol programme is a three session programme. One session for three weeks with a personalised audio to listen to in-between sessions.



I love what I do, some might say a bit too much & I bring enthusiasm and commitment to every person I work with.

- 1 **Years of experience**
I have 4 years experience as an Advanced Clinical Hypnotherapist, EFT and NLP Practitioner. In addition to this i have 31 years experience developing people, business management and sales. I have worked in pharmacy for 31 yers and Managed a Pharmacy for 14 years, this gave me the inspiration to take the opportunity, after having a realisation to help others in a more advantageous holistic approach, rather than the 'pills' to relieve symptoms, to get to the core reasons of the health issues in order for people to live happier, healthier lives.
- 2 **Great values**
Being true to myself my core values are
HONESTY - I pride myself in being honest in what I say and do
TRUST - I firmly believe I am reliable, truthful and hold individuals privacy and confidentiality to the upmost of my ability.
RESPECT - I accept others for who they are, I treat people the way I would like to be treated myself. I feel this helps us to feel safe and express ourselves.
- 3 **Passionate**
My passion is to empower others to achieve their own goals, change unwanted behaviours, habits and find their passion, by being confident in my own judgement and decisions everyone has the answers within themselves, we have all the resources we need, I guide you to yours.
- 4 **I Focus on quality**
I always strive to deliver excellence in everything I do by continuous professional development and to continue to be the best version of myself to enable me to use my best attributes through my growth and knowledge.
- 5 **Professional**
I adhere to the code of ethics and guidelines of my profession. I know my stuff, however, I don't know everything! I always keep my word and support others.
- 6 **High quality service**
With continuous improvement I strive to provide the best service. My five star google reviews speak for themselves and confirm the changes, experiences and feedback of my services.
- 7 **Non-Judgemental**
I consider myself as an observer of life and not to decide about any behaviour or expression as if it was right or wrong, to understand rather than judge other people.



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www.facebook.com/shirleymcleanhypno

Q & A

Frequently asked questions

1 What is hypnosis?

Usually people think of stage hypnosis or being under a spell and being controlled, the TRUTH is, there are a lot of misconceptions about what it is and isn't. Hypnosis is a heightened state of awareness, like meditation with an intention, a relaxed natural state of being where we focus our attention, during which our subconscious mind is more open and receptive to suggestions that are given. It is never a case of whether you can be hypnotised, or not, because you have been hypnotised before, hundreds of times before. We drift in and out of different levels of awareness many times a day, absorbing information on a subliminal level as well as a conscious one. Watching television, driving your car, reading a book, every time you day dream you're in a form of hypnosis.

2 How does it feel to be hypnotized?

Every person is unique and different. Some people say that their body feels like a lead weight, others say they feel as though they're floating away. Most people will agree that it's a lovely feeling because they are more relaxed than they have ever been before.

3 When I am 'under' will I be asleep?

You will be aware of everything that is happening and being said the whole time, however you will be so deeply relaxed that you may find yourself drifting into different levels of awareness. Remember, your subconscious mind is active throughout and it is this that I will be working with.

4 Will I remember everything afterwards?

That depends how deep in hypnosis you are, but generally most people do remember either everything or certain parts of the experience. You will find that suggestions which have been given to you in hypnosis will resurface in your conscious, thinking mind after your hypnosis session and these will be the thoughts that produce changes in your behaviour or way of thinking and feeling.

5 How do I know I will wake up from hypnosis?

No-one has ever remained in hypnosis indefinitely. Even if something were to happen during the session, you would still 'come out' of the trance state once rapport had been broken.

6 Do I have to remember things from my past in order to recover from my problem?

Not necessarily; I have varied approaches, but if the cause of your problem is a repressed memory (one that you are unable to remember consciously), then bringing it back into conscious awareness can help you to view the problem from a different perspective and so feel differently about it. If you find the idea of revisiting old memories painful then I can help you to dissociate from them so that you can remember the experience without experiencing the emotions associated to them.

7 Are there any side effects from hypnosis?

The only side effects are the beneficial ones of feeling more relaxed afterwards and feeling more positive about whatever it was you sought hypnotherapy for. Hypnosis is a perfectly natural state.

8 Can I be hypnotized against my will?

Anyone can resist hypnosis during a session and it won't work, however the question remains as to why someone would seek hypnotherapy if they didn't want it to help them. Hypnosis requires cooperation between two people - I will show you the way and you can choose if you want to go there or not. If you are not prepared to accept that hypnosis could benefit you then your

9 I went to a hypnotherapist once before and it didn't work. Does this mean I'm not able to be hypnotized?

The most common reason for failure to induce trance is lack of rapport. To overcome this problem, I always offer a free chat first to ensure I can help you and you feel I am someone you would like to work with.

10 Can I be treated for different problems at the same time?

You can - if they are related issues, however because hypnosis requires a complete focus of attention it is far better to concentrate on one problem at a time. People wishing to stop smoking (for example) who are afraid of doing so in case they gain weight can be helped with the correct approach. This is because



EFT

& Other Therapies I Use

Emotional Freedom Technique (EFT) aims to release emotional blockages within the body's energy system, on the belief that there are channels of energy within the body. It is thought that when these channels (known as meridians) become blocked, energy becomes unbalanced. When this happens, it is thought to lead to physical and emotional symptoms. We are beginning to catch up with the premise that emotional health is imperative to our physical health. As well as affecting our health, emotional blocks can lead to limiting beliefs and behaviours. This may result in phobias, anxiety, depression or even addiction.

In a similar way to acupuncture, EFT looks to release blocked energy by stimulating meridian points. Rather than using needles, however, this therapy uses tapping techniques (using the fingertips) on certain points, on the body, combined with voicing positive affirmations.

During some of my hypnotherapy sessions I also use a therapy called NLP (Neuro Linguistic Programming). NLP works similar to hypnosis, which is why they work hand in hand. It will encourage clients to transform limiting self-beliefs and move out of their comfort zones. Breaking down barriers and taking chances only helps the client to develop a fuller, happier and infinitely more satisfying life. The technique was developed in 1972 by John Grinder and Richard Bandler.



Hypnosis Can Help With

- ▷ [Stress & Anxiety](#)
- ▷ [PTSD](#)
- ▷ [Weight Management](#)
- ▷ Fears & Phobias
- ▷ Confidence
- ▷ Regression
- ▷ Habits
- ▷ [Sleep](#)
- ▷ [Depression](#)
- ▷ Interview Confidence
- ▷ Health
- ▷ IBS
- ▷ Virtual Gastric Band
- ▷ Exam Success
- ▷ [Reduce Alcohol](#)

And much more!





HYPNOTHERAPY

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