

Referral Information

Thank you for considering Empowered Minds Hypnotherapy as part of the healthcare team working with your patient or client.

About the Service

Empowered Minds Hypnotherapy provides strategic hypnotherapy services focused on behavioural and emotional change. Sessions combine clinical hypnosis with strategic psychotherapy principles to support goal-oriented outcomes. Services are delivered in a professional, confidential environment and may be provided online or in person.

Referral Indications

- 1 Anxiety or stress regulation challenges
- 2 Smoking cessation goals
- 3 Alcohol habit modification
- 4 Weight-related behavioural patterns, including weight control after bariatric surgery
- 5 Motivation or behavioural stagnation

Collaboration

Collaborative relationships with healthcare professionals are welcomed. Communication regarding shared clients can occur where appropriate and with client consent, supporting continuity of care and professional standards.

For a discussion about referring a client/patient to Empowered Minds Hypnotherapy, please contact Carla on the contact details below.

Kind Regards,

Carla Simpson
Strategic Hypnotherapist