



Andrea Haggerwood Therapy

**BSc (Hons) Psychology, MBPsS,
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or

Online Services

Are you stressed, anxious, tired or fearful?

Stress and anxiety are normal human experiences until they go beyond a healthy level which start impacting on your life and health negatively.

What I can help with

I can help you make a positive and healthy change in your thoughts, feelings and actions to help you feel better to start enjoying life again.

I specialise in Stress Management and Relaxation including:

- Relaxation
- Self-regulation
- Mindfulness
- Acceptance
- Changing negative thoughts and behaviours
- Stress management and Resilience building
- Coping skills
- Problem solving
- Assertiveness training
- Anger management skills
- Anxiety interventions
- Help to remove negative memories
- Self empowerment
- Confidence skills
- Fears and phobias

Who I can help

I work with adults and children from all walks of life to help them overcome challenges or issues to achieve their potential and maintain healthy mental well-being.

My work with children over 8 years of age includes: parental anxieties, social anxiety, separation anxiety, sleep issues, social media and peer pressures, exam stress, school and university anxieties, medical procedure anxieties and help with transition and change into adulthood.

How I can help

We will work together in therapy using evidence based change therapeutic approaches (all integrated with Psychology) using:

- **Cognitive Behavioural Hypnotherapy** - CBT techniques with Mindfulness, ACT and Hypnotherapy
- **IEMT** - Integral Eye Movement Therapy - to help remove negative memories.

Also available:

- **Relaxation Sessions:** without therapy
- **Online Parent Packages:** for problem-solving, stress management and relaxation techniques
- **Bespoke Packages:** for your business or school requirements

These therapeutic approaches can also help with a range of other issues, including healthier living choices, insomnia, fears, phobias bad habits, pain management and sports performance.

Important information:

Please note that hypnosis and IEMT are not suitable for people who have neurological conditions, epilepsy, or have suffered a stroke or head injury.

These therapy treatments are not a replacement for CHUMS or CAMHS interventions.

My work with children is in a family centred approach or with parents only.

This is following research evidence at Reading and Oxford Universities where results showed the positive benefits of parents knowing and applying the techniques in the home environment.

Why choose Andrea Haggerwood Therapy?

I have over 18 years' experience working in education tutoring and coaching.

My therapy training is all in scientific evidenced based approaches.

I supervise, coach and assess students at UKCHH, UK College of Hypnosis and Hypnotherapy, on the Cognitive Behavioural Hypnotherapy (CBH) Diploma Course, the Stress Management and Resilience Building Diploma course and the Coping Skills Certificate course, which evidences my knowledge in my CBH and Stress Management training.

I have graduate membership with the British Psychological Society (BPS), am a member of the General Hypnotherapy Register (GHR) and the Complimentary and Natural Healthcare Council (CNHC) for hypnotherapy, and a member of the IEMT Association for IEMT.

I have a fully enhanced DBS certificate and I am GDPR compliant. These memberships ensure I work in a strict ethical way following professional protocol and guaranteeing data protection. Also, that regular supervision and CPD throughout the year are undertaken to keep my skills and knowledge updated and relevant ensuring client safety.



Testimonials

IEMT and Cognitive Behavioural Hypnotherapy

"I contacted Andrea from recommendation by a friend. We needed her help for my 17 year old son who was struggling with depression and anxiety. Andrea was absolutely brilliant every step was explained to us both. My son felt that he could communicate in confidence and at ease and I felt like a huge worry had been lifted from our family. Andrea's techniques really helped my son and he has improved in what I feel is a relatively short space of time. He has tools in his tool box that he can call upon if he feels he is struggling again and I know that I can contact Andrea if I feel we need to chat again. Thank you so much"

S. G

Cognitive Behavioural Hypnotherapy and Stress Management

"Andrea is extremely knowledgeable in the areas of stress management and well-being and a very effective coach. She is a delight to work with and her passion shines through. I would have no hesitation in recommending Andrea."

Sh.C

IEMT

'I had not heard of this treatment before and was highly sceptical, though I trusted Andrea's knowledge and expertise. The results amazed me. After two sessions my memories of the traumatic events I went to her about had receded into the past, where they belong, and I no longer suffer from painful fresh emotion when contemplating them. I can remember the events and how I felt at the time, but how I feel now is as one recalling a memory, rather than being freshly assailed by painful emotion and flashback memories again. Thank you, Andrea, I am no longer sceptical and I am now free!'

KA.M