



Susan Smith

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PROFILE

Hello my name is Susan Smith and I have been established as a therapist and trainer since 1989 during which time I have worked with hundreds of clients and gained in excess of 1500 counselling/coaching hours, excluding corporate clients and training. This equates to a lot of experience.

WHAT I DO

In my work I cover hypnotherapy, psychotherapy clean language metaphor therapy and counselling for individuals. I offer supervision for therapists. I work as a consultant and trainer for companies where I help to develop and deliver training on Stress Management, Conflict Resolution, Assertiveness Skills, Anger Management and other areas of training and development. I headed the counselling services for a leading Employee Assistance Programme company for several years. I have wide experience of telephone counselling/coaching.

MY APPROACH

My approach is eclectic I will draw on any number of approaches to assist the client in reaching their goal/outcome.

I personally favour the work of David Grove, Clean Language Metaphor work which I trained in in 1991 and have used with success ever since. My preference for this technique is because it is respectful of and empowering to the client and appears to bring rapid results. See testimonials

QUALIFICATIONS

I have an Advanced Diploma in Hypnosis and Psychotherapy with the National College and am a full member of the National

Register of Hypnotherapists and Psychotherapists. I am registered with the United Kingdom Council of Psychotherapy. I hold a Diploma with the British Wheel of Yoga and I am qualified to observe teaching practice.

Running training programmes for some of the largest companies in the UK I have worked extensively in the field of stress management since 1989. I have a special interest in helping companies develop policies and training in the management of stress.

My personal and professional development is ongoing and I have had the privilege of training with some of the world's greatest teachers in the field of modern psychology and communication skills, such as David Grove, Richard Bandler, Paul McKenna and John Grinder I am also qualified and registered as a Neuro-Linguistic Practitioner.

MISSION STATEMENT

It is my drive in life to empower others and enable them to find inner peace. That is the underlying ethos in the way I practise as a therapist, teacher, trainer and businesswoman. My desire is to support and facilitate others who want to take charge of their lives and enjoy good health.

TESTIMONIALS

Susan Smith has provided clear advice and guidance during my supervision session with her. She is a font of knowledge and experience and always gives insightful direction when I am in uncharted territory. Susan Smith has a calm reassuring manner and is helpful and approachable. Under her supervision I feel I have gained knowledge and grown as a therapist.

-- J from Kent

Thank you for showing me a new approach to shrinking a difficulty. This method works with "it" not "you" which resonated well with me as I found it to be more of an education than a therapy. Susan is a very kind person and easy to be around. Highly recommended.

-- Wendy (Kent) January 2009

"I first came to Susan Smith in February 2009 because of my terrible fear of flying. After years of insisting that rainy holidays in Cornwall were the best I realised that I was missing out on some of life's great experiences. Following my first consultation I booked a

trip to Australia via Singapore and returning from Bangkok which also involved three internal flights in Australia. This was no inconsiderable step for me. I had one further consultation in March to cement my newfound confidence.

I have now returned from the trip of a lifetime. I flew like a bird, with ease and confidence and positively enjoyed the experience. My fears are completely gone thanks to Susan's methods and I am now in the process of booking the next holiday to New Zealand. I can't endorse Susan more highly, to say that I was a nervous flyer would be an understatement and now the world has been opened up to me. Thank you so much Susan."

"I'm so glad I came to you - I feel in control of my life again, I feel strong and confident in a way that I never thought I could, thank you."

-- KT London, December 2008

"I stopped smoking in just one session! It was so easy I wish I had come years ago! I've told all my friends"

-- Emma B North London, 2009

"Sue's Hyno-diet isn't a diet at all, she helped me change my eating habits and thoughts around food. Sue's approach has helped me to enjoy exercising too."

-- J.F. Sevenoaks

"...and when you said you didn't think it would take many sessions I was sceptical but you were right. I've lived with this awful phobia for most of my life and in two sessions I'm free of it. Sue, I'm amazed, thank you."

Services:

Description	Time	GBP
Free Pre-Session	15 min	NA
Therapy session	60 min	60.00

Specialties:

- Nicotine Addiction
- Nicotine Withdrawal
- Phobias
- Acrophobia
- Mysophobia
- Trypanophobia
- Carcinophobia
- Brontophobia
- Arachnophobia
- Sociophobia
- Ophidiophobia
- Necrophobia
- Cynophobia
- Emetophobia
- Claustrophobia
- Xenophobia
- Aviophobia
- Anger Management
- Life Coaching
- Work / Life Balance
- Personal Development
- Life Transitions

Methods:

- Skype session
- Phone session
- Face to face

Professions:

- Free Pre-Session
- Therapy session