

My trade: Hypnotherapist

Success is... empowering her clients

AN Ealing hypnotherapist is using her professional training to help women conceive and give birth.

Jo Simons trained in hypnotherapy after 15 years in a recruitment sales management job.

But now the 46-year-old of Ealing Green has a weekly client list of up to 15 people who come to her for a variety of therapies, including hypnotherapy, neuro linguistic programming (NLP) and positive psychology.

Most of Ms Simon's clients come to her for hypnobirthing, fertility problems, anxiety, stress, lack of confidence and phobias.

She says anyone is able to have hypnotherapy, except for those with an extremely low IQ and severe mental disorders.

She said: "Hypnotherapy is completely safe and natural. The client knows what they are doing all the time. Sometimes people are a bit scared, but it's just like listening to music and having a daydream.

"They remember what has happened and have full physical and mental control.

"No one says or does anything that goes against their values. It's more about trying to re-frame thoughts and behaviour."

Ms Simons, who is married, gave birth to her daughter in 2004 without gas or drugs, but with the help of hypnobirthing.

She was so impressed by its effects that after returning to her job for a couple of years she decided to become a hypnotherapist herself.

She said: "I was just amazed by



■ 'THERE'S NOTHING TO FEAR': Hypnotherapist Jo Simons

the power of hypnosis."

Ms Simons also offers hypnofertility, which can help couples identify any psychological or emotional obstacles that could be

preventing them from conceiving.

She works from clinics in Ealing Green and South Ealing.

Visit www.josimons.co.uk to find out more.