



Colin Winston Aldridge

EFT-ADV EFT-CC DHP DCMT AAMET FBIM

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Hypnotherapy and Meridian Energy Healing Clinic

Hypnotherapy, Psychotherapy, Emotional Freedom Technique (EFT)
and FREEWAY CER System (CER)

QUALIFICATIONS

Hypnotherapy / Psychotherapy

Member of The Association of the Natural Medicine (MANM)

APHP (Association of Professional Hypnotherapists & Psychotherapists)

DCMT (Diploma Association of Complete Mind Therapists)

DHP (Diploma Hypnosis / Psychotherapy & Counselling)

PLRT (Diploma Past Life Regression Therapist)

DCMT (Diploma Complete Mind Therapy)

Cert. Fast Phobia Release Therapy

Corporate Stress Consultant

MERIDIAN ENERGY THERAPY

Cert. Freeway CER Practitioner

A.A.M.E.T. (Association for the Advancement of Meridian Energy
Therapies) EFT Practitioner

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Emotional Freedom Technique a Meridian Energy Therapy

Emotional Freedom Technique (EFT) is based on the ancient principles of acupuncture; EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms.

Some people are initially wary of these principles that EFT is based on - the electromagnetic energy that flows through the body and regulates our health is only recently becoming recognised in the West. Others are initially taken aback by (and sometimes amused by) the EFT tapping and affirmation methodology, whose basics you will learn here.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block -- from your body's bio-energy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

EFT provides encouraging results, even with patients applying EFT to themselves on simple issues. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.

For years many people bar themselves from health, healing and happiness by allowing negative emotions to linger and grow inside. They don't understand that emotional well-being is essential to physical health or the medical establishment has inadvertently lead them to believe they must seek conventional psychological care, usually spending years in therapy. In the United States at the V.A (Vietnam Association) ex Vietnam war Veterans are on record as recovering from deep seated issue within minutes after having spent years in therapy - some 30 years on after to end of the war.

Well, there is hope. This psychological acupressure, a simpler and proven way to eliminate the negative emotions barring you from a full and healthy life. And the Emotional Freedom Technique (EFT) is the most powerful form of this technique available.

EFT Can Help You:

- Make goal setting work
- Relieve most emotional traumas
- Abolish phobias, fears and post-traumatic stress
- Shatter food cravings that sabotage your health
- Eliminate or significantly reduce most physical pain and discomfort.
- Emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

EFT is very easily administered, and will help you:

- Remove Negative Emotions
- Reduce Food Cravings
- Reduce or Eliminate Pain
- Implement Positive Goals

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- along with voice positive affirmations.

FREEWAY CER System a Meridian Energy Therapy

FREEWAY CER System is not just a simple technique but also a comprehensive system of elements that together have helped many people over the years to gain relief from a wide variety of uncomfortable conditions. Already Therapists have been trained to use it in the UK, USA and Brazil. Over a period of years, we have developed the amazing FREEWAY CER (Change Energy Routine) and a comprehensive system including: exercises, procedures, advice and guidance on several useful self development elements.

FREEWAY-CER has proven beyond any doubt to be a complete Self Development System that can be used by almost anyone for rapid change and improvement in life. Although it is a complete system, it can also be used alongside other therapeutic systems to enhance their effectiveness.

The CER Technique which we now use for most change work, differs in many ways from other energy therapies in that it has only 8 points, it incorporates several yawns, a new type of affirmation, takes approx 1 minute per round, can be used for tapping, rubbing, pressing and releasing, or it can be used internally and silently without any of these. It also incorporates a way of invoking a completion statement at the end of each treatment. Its development is based on energy theories that we have researched, adapted and devised over the last 17 years.

Already people all over the world are experiencing benefits from using the system. We ourselves have used FREEWAY to help people gain relief and remission from:

- Anxiety, nervousness, panics, depression, Lack of confidence, low self esteem, lack of concentration, studying and passing exams, passing driving tests.
- Phobias including: flying, heights, spiders, choking, mice, onions, darkness, open spaces.
- Addictions including: tobacco, alcohol and hard and soft drugs including: heroin, methadone cocaine;
- Eating disorders, insomnia, low self esteem, behavioural disorders, aggressiveness, PTSD, PMT, pains without any medical causes; plus an endless list of other symptomatic and painful conditions.

FREEWAY also fits in well with and works in conjunction with other forms of therapy including: Hypnotherapy and NLP

Hypnotherapy

Hypnotherapy processes interact directly with inner consciousness to find core issue causes of problems in a client's life. Clients can examine beliefs and thought processes that are giving rise to emotional, physical, mental and spiritual problems and make changes at the core level from which the outer manifestation originates. With changes at the inner levels of consciousness the outer self changes.

Hypnotic techniques can induce everything from a light to a heavy hypnotic state to help a client overcome psychological or physical problems. From helping people to overcome a craving for cigarettes to managing chronic pain from an illness or accident, as a trained Hypnotherapist I work with a wide variety of problems.

Hypnotherapy uses hypnotic techniques to bring about beneficial changes. Utilising states of deep relaxation, the therapist assists in

uncovering and exploring memories, emotions and past events which may affect a person's conscious mind and activating the client's inner resources in order to achieve the desired goals. It is used to treat numerous medical and psychological problems. When used with EFT very positive results are achieved.

TREATABLE CONDITIONS:

Most people can benefit from Hypnotherapy, EFT and Freeway CER, whether you want to change a habit, rid yourself of a phobia or some other emotional problem, or improve a skill you already have, hypnosis, EFT and CER can help. They are a perfectly natural, safe, and pleasant way of creating effective personal change. Just about anything you would normally visit a psychotherapist for can be treated and much more.

Issues and problems that can respond to Hypnotherapy, EFT and Freeway CER therapies

Stop Smoking

Stress Management

Weight Loss/Gain

Phobias and Fears

Anxiety

Boosting Confidence

Self Esteem

Agoraphobia

Alcoholism

Allergies

Amnesia

Anorexia

Arthritis

Asthma

Back Pain

Bed Wetting

Binge Eating

Blushing

Bulimia

Grinding Teeth

Child Birth

Compulsive/Obsessive Disorders

Dental Problems

Depression

Driving Anxiety

Drug Abuse

Eating Disorders

Exam Nerves

Fear of Flying

Gagging

Gambling

Goal Setting

Guilt

Hay fever

Headaches and Migraine

Hysterical Symptoms

Inhibitions

Insecurity

Irritable Bowel Syndrome

Indigestion

Insomnia

Blood Pressure Problems

Chronic Fatigue Syndrome

Motivation Problems

Nail biting

Nervousness

Pain Control

Panic Attacks

Phantom Limb Pain

Post Traumatic Stress Disorder

Public Speaking

Relationship Problems

Self Development

Shyness

Social Phobia

Sports Performance

Stage Fright

Stammering

Tension

Thumb Sucking

Timidity

Tinnitus

Trauma

Worry

and much more, if your problem is not listed above please contact us for advice.....



"I offer safe, non-evasive drug free therapy"

Fees from:	Initial consultation £55.00
Duration:	Up to 90 minutes
Follow-up consultation:	£45.00
Duration:	Up to 50 minutes
Saturday:	Plus £20.00 per session