

About Us

Jacqui Godfrey DHyp Psych (UK) GQHP, Cert CTP Psych.

Jacqui has held various senior positions within corporate IT sales for over 20 years. After completing a 5 year training course in Transpersonal Psychotherapy, she has worked with children and adults as a Counsellor/ Psychotherapist. She holds a diploma in the field of Personal and Professional study in human potential, and qualifications in facilitation and leadership skills in personal and group dynamics. Her interest in Hypnotherapy developed due to a desire to understand the power of the unconscious mind and how to harness this resource to improve her own life, both personally and professionally. Her interest in Hypnotherapy has continued to develop, due to the immediate results after just one session.

Nick Powley DHyp Psych (UK) GQHP

Nick (47) has worked in corporate sales and marketing for the last 26 years. He gained his interest in hypnotherapy through a desire to learn how to cope with stress in a work environment. Having discovered the amazing personal benefits of hypnotherapy and psychotherapy, he has developed a special interest curing depression, sleep disorders, phobias and addictions. He currently is enhancing his therapy skills using NLP techniques (Neuro-Linguistic Programming) . He has a very friendly and personal style and loves to help his clients overcome various issues affecting their lives.

Both Nick and Jacqui are acting in Supervisory roles for Hypnotherapy Diploma Courses run out of Sussex University and are fully qualified Hypnotherapy/ Psychotherapy practitioners, registered with the General Hypnotherapy Register in the UK.



Jacqui Godfrey



Nick Powley

bring2mind
hypnotherapy

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Also in Berkshire & Surrey

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bring2mind
hypnotherapy



*Fresh minds for
new beginnings*

You've got the power...

The time to act is now...

Changes can be made in just one
session of Solution Focused Hypnotherapy.

About bring2mind

The company was established by two successful professionals who have collectively spent over 25 years in the corporate world. They recognised the everyday pressures placed upon people at home, in social situations, and in corporate life. They have developed an extensive portfolio to address a wide range of issues in support of both the busy executive and also individuals who have a desire to change and improve their lives.



At bring2mind we help you to resolve these limiting beliefs that affect your life in a professional, comfortable, confidential and safe environment.

Therapists are fully qualified and are registered with both The Hypnotherapy Association and The General Hypnotherapy Standards Council.

The session can last between 1 & 2 hours depending on the specific problem or issue, normally one session is enough. However for depression and Obsessive Compulsive disorders further sessions' maybe recommended.

In addition, we are also able to assist with life style concerns and are able to provide additional information to support changes in diet and routines. These can improve health and energy levels together with developing a positive and optimistic outlook on life.

About You & Hypnotherapy

- Break free of old limiting behaviours and beliefs such as smoking, excessive eating, depression, or feeling out of control.
- Feel positive about changing and transforming your life
- To gain the ability to be confident in every situation
- Realising your full potential
- The power to make decisions and manage yourself and others
- To be in control and feel calm and relaxed whilst working in a stressful environment.
- Enhance your performance in either a business or social environment, in the boardroom or on the golf course.

Do you want to focus on an area of your life that requires change?

ABOUT HYPNOTHERAPY

Hypnotherapy is the narrow focus of attention, it adopts the principles of changing patterns and associations in the brain. Much study has been documented on the way the brain functions. Particularly in the way, information is stored, as memory. The brain can automatically bring about an emotional unhelpful response to an outside stimulus, having experienced a negative response for the first time. The brain will then set up the corresponding response pattern for life, unless the pattern is altered.

Hypnotherapy provides you, the client with a real opportunity to change those limiting patterns by creating new healthy patterns which help to improve the quality of our lives. Allowing us capacity to focus on the important things in our lives, providing us with a real opportunity to move forwards, to enjoy new alternatives and possibilities, including the challenges we face on a daily basis.

About change

Solution Focused Hypnotherapy can successfully treat-

- Enhanced Performance – Business, Sport,
- Fears & Phobias
- Stress Management
- Sleeping Disorders
- Addictions
- Obsessive Compulsive Behaviours
- Social Confidence Building
- Confidence in Public Speaking
- Eating Disorders
- Weight Loss
- Stop Smoking
- Anxiety
- Depression
- Personal Issues

Price List

Regional Clinics - Thorpe Surrey & Ascot Berkshire

Per Session.....	£90.00
To Stop Smoking.....	£200.00

London Clinic - Harley Street

Per Session.....	£120.00
To Stop Smoking.....	£275.00

All Major credit cards accepted.

GHR
REGISTERED
General Hypnotherapy Register

GHSc
VALIDATED PRACTITIONER
General Hypnotherapy Standards Council