

Brookhouse Hypnotherapy (South Staffs)

- *Hypnotherapy*
- *Motivational Hypnotherapy*
- *Coaching*
- *Neuro Linguistic Programming (NLP)*

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About Chris Miller

I am a qualified Hypnotherapist, Professional Coach, Master NLP Practitioner and Professional Sportsman.

My qualifications and training in Hypnotherapy and Professional Coaching have been with Dr Shaun Brookhouse and Fiona Biddle of [The UK Academy of Therapeutic Art and Sciences](#), one of the UK's leading schools of therapeutic training. I have been a Professional Golfer for over 30 years and gained my qualifications and training from [The Professional Golfers' Association](#). My NLP qualification and training was with [Trained Brain](#) the school of psychological coaching famous for training many of the world's top professional sportsmen including Darren Clarke.

The areas in which I specialise are:-

Life – Business - Sport

I have made a particular study of sports psychology and feel that the [inner game](#) probably represents about ninety per cent of your sporting success or failure. It is the most significant part of your performance and is increasingly used by those working with the top sportsmen and women. I am able to give people the key to unlocking huge improvements in their game and see some dramatic changes in performance. As a professional golfer I have specialist knowledge in golf and deliver [inner game seminars](#) around the country.



About Brookhouse Hypnotherapy (South Staffs)

[Brookhouse Hypnotherapy Group](#) is the name of a national group of practices, founded by Dr Shaun Brookhouse.

Dr Brookhouse has appointed Chris Miller to run the practice for [South Staffs](#). You can find Chris's CV towards the end of this brochure, but here we would like to give you some background to the founder of the group.

Dr Brookhouse is an award winning hypnotherapist and trainer (in both in the UK and US). He earned a Graduateship Diploma in Counselling and Hypnotherapy, a Masters Degree in Education Studies and a Doctorate in Clinical Hypnotherapy as well as a CertEd in Adult Education.

Shaun is a Senior Clinician and Fellow of the [National Council for Hypnotherapy](#), one of the oldest and largest hypnosis societies in the UK and a Certified Master Instructor and Diplomate with the [National Guild of Hypnotists](#), the oldest and largest hypnotherapy society in the world. He is also an [NLP Master Trainer](#).

Shaun was one of the first hypnotherapists in the UK to earn US Board Certification, as well as being one of the first two hypnotherapists to earn the externally accredited Hypnotherapy Practitioner Diploma, [Fiona Biddle](#) being the other. He is Principal of the [UK Academy of Therapeutic Arts and Sciences](#) and lectures on the subjects of Hypnosis and Neuro Linguistics internationally.



History of Hypnosis

Hypnotic or suggestive therapy has been used as a healing technique since the beginning of history. References to it can be found in the Bible, although the name was not introduced until much later. It was of prime importance in the “sleep temples” of Ancient Greece which were places of pilgrimage and healing.

In the Middle Ages belief in miraculous cures associated with religious shrines was widespread. Healing was brought about by touch and prayer.

During the 18th Century the theory of “Magnetism” was developed. Franz Anton Mesmer argued that the planets influenced mankind through their magnetic effects on the “fluid” which occupied all space. He discovered that he could induce people into a trance like state and concluded that he himself must be a kind of magnet, hence the term “Animal Magnetism”. This idea was soon discredited by a French Royal Commission which found that the magnetic fluids did not exist. James Braid re-examined Mesmerism in the 19th Century and reached similar conclusions. It was he who coined the term “Hypnosis” for the induction of a trance like state through simple suggestion.

In the early part of the 20th Century hypnosis was used almost exclusively by stage hypnotists, thereby projecting a hopelessly distorted view of the very powerful therapeutic tool. However, in 1955 the British Medical Association endorsed the practice of hypnosis in Medical School education, since then it has become a valuable addition to conventional medical treatment.



What is Hypnosis?

Have you ever been so involved with a task that you have lost track of time? Have you ever driven from one place to another and arrived safely, but not remembered the journey? Have you ever read a book and become so involved with the plot you can see scenery and hear characters speak? Have you ever day-dreamed? These are everyday examples of an altered state of awareness.

Hypnosis is another example of an altered state of awareness—one which can be used for self help. It is a perfectly natural state which occurs between being fully awake and fully asleep. In the clinical setting hypnosis is usually accompanied by a pleasant state of physical relaxation which in itself is beneficial, especially in the symptoms induced by or aggravated by stress. The term Hypnotherapy means the use of hypnosis for the treatment and relief of a variety of somatic and psychological symptoms.

It is important to note that no one can be hypnotised against their will and no one can be forced to do things while under hypnosis that they do not want to do.

During hypnosis, you will be aware of what is happening: most people do not “feel hypnotised.” You are still in control.



Hypnotherapy

Hypnotherapy is therapy that utilises hypnosis: as simple as that! Therefore it is important that a hypnotherapist is properly trained, as Chris is, in therapy as well as being a competent hypnotist.

There are various models of hypnotherapy, and the decision as to which to use will be made jointly by Chris and you. Here are the models that Chris uses most regularly:

Motivational Hypnotherapy

Motivational hypnotherapy is mostly used in cases where a client wants to make a change, or to achieve a goal. Examples include:

- Smoking cessation
- Weight control
- Career goals
- Performance enhancement:
 - Sport
 - Learning
 - Creativity

Chris can help you maximise your motivation to achieve your goals: whatever they are! He is a Motivational Specialist



Cognitive Behavioural Hypnotherapy

This model uses theories from both cognitive and behavioural psychology to address issues of thought and behaviour. This can be a very effective process for a wide range of issues including:

- Fears and phobias
- Anxiety and panic attacks
- Medical issues
- Study skills
- Confidence issues
- Sleep

Chris specialises in the following:

- Motivational issues
- Weight control
- Sports Performance
- Confidence issues
- Smoking Cessation
- Deep Relaxation
- Stress Management

But also works with a wide range of other issues. If you are wondering, just phone or email and ask!

Hypnotherapy is completely natural and safe. There are no harmful side-effects. When administered by a professionally trained and skilled Hypnotherapist the benefits are long lasting and often permanent.



What Conditions Can Hypnosis Treat?

Thoughts and ideas

Thoughts and ideas can be problematic when they are intrusive, unrealistic or upsetting. Examples of such thoughts include:

- Continually thinking that one is suffering from an illness, despite medical reassurance
- Doubting whether a partner is faithful
- Thinking negatively rather than seeing the good side
- Wondering whether others are being negatively judgmental

Phobias

- People often experience irrational fears. The object of the fear can be almost anything, but typical examples include:
 - Insects
 - Animals
 - Situations, such as going out, enclosed spaces, or the dark
 - Blood, needles etc.

Also, many people have what is technically called •"social phobia": shyness, nerves, lack of confidence with people etc.



What Conditions Can Hypnosis Treat? (cont)

Feelings

People can suffer from a wide variety of feelings which can be distressing if too severe or too regular. For example:

- Panic attacks
- Anxiety
- Guilt
- Anger
- Low self esteem
- Lack of confidence

Habits

People can find themselves in the grip of many habits that they seem unable to control, eg:

- Smoking
- Nail-biting
- Poor sleep patterns
- More deep-seated compulsions.



What is Neuro Linguistic Programming (NLP)?

Neuro Linguistic Programming (NLP) is a model of communication that focuses on identifying and using patterns of thought that influence a person's behaviour as a means of improving the quality and effectiveness of their lives. It offers a paradigm of how the brain works (neuro), about how language interacts with the brain (linguistic), and how we use this interaction to get the results we want for ourselves and others (programming). It is an effective, proven vehicle for accelerated human change, radically altering the "old way" of lengthy psychotherapy.

NLP was initially created by linguist Dr. John Grinder and computer scientist and Gestalt therapist Dr. Richard Bandler. Together they produced a linguistic model that identified the language patterns of a few gifted individuals such as hypnotherapist Milton Erickson, MD., Fritz Perls of Gestalt therapy, anthropologist Gregory Bateson and Virginia Satir of family systems therapy. The synthesis of their findings, a blend of cognitive and behavioural science, resulted in the technology known as Neuro Linguistic Programming, in the 20+ years since it was first developed, NLP has grown, changed and expanded, and it continues to do so today.

Chris is a Master NLP
Practitioner



What is Stress Management?

Due to a variety of socio-economic conditions, stress has now become more widely recognised by both individuals and employers. People in the UK lose several thousand days of work to excess stress, not to mention the great personal anxiety that can lead to, amongst other things, physical illness, relationship problems, depression and in extreme circumstances suicide.

Many situations can lead to the development of the symptoms of excess stress including fear, overwork, responsibility, loss, lack of fulfilment and illness. Every individual has different tolerance levels when it comes to stress. The therapeutic needs of the individual are paramount in the treatment of stress and stress related disorders. Willpower alone is not an effective or permanent solution to stress problems.

This practice offers a comprehensive stress management programme for both individuals and corporate clients. Effective stress management takes in various therapeutic models and tailors a programme to include not just dealing with the presenting stress, but to also help clients to avoid reaching high stress levels in the first place.

Chris gives seminars to companies on Stress issues and how to deal with them.



What is Coaching?

Coaching is a formalised means of one person helping another to achieve their hopes and dreams, and to fulfil their potential. Many of us spend too much time existing, and not enough living. We often find it difficult to know how to get where we want to go, and even to know where we want to go. [Coaching](#) can help.

Your coach will assist you to gain clarity (if you need it) as to your goals. What do you truly value in life? What and who do you truly want to be? From this point, your coach will guide you, support you and motivate you in your journey towards meeting your goals.

Goals may be on many levels:

- Career
- Home
- Family
- Friends
- Finance
- Activities
- Other personal achievements.

Goals may be small or huge, vague or precise. Whatever you bring will be what your coach will be helping you with: you will not be told what your goals should be!

Chris is a certified professional coach.



What is Sports Hypnosis?

The use of [sports hypnosis](#) has enormous benefits; it is possible for a sportsman or sportswomen, with the help of hypnosis, to reach the top of their game. Many top sportspeople have found that their performance can deteriorate. This may be due to the pressures they experience from many areas (media, people's expectations, and their own beliefs) and the development of doubt and negative self talk. Hypnosis is a powerful tool to remove any negative beliefs or phobias and replace them with positive suggestions. For a sportsman or sportswoman to stay at the top they have to continue their physical training and have regular positive affirmations and suggestions with hypnosis as part of their mental training programme. These would be in the form of sessions with the hypnotist and the use of self hypnosis. Hypnosis is now being used more and more in sport, as the benefits are discovered and finding that important edge has become critical. Hypnosis is becoming one of the most important ways of enhancing sports performance.

All sportsmen and sportswomen can improve with hypnosis. In any sport there is time to think either before, during or after a match; this is the time when most negative thoughts will manifest themselves and eventually become beliefs. Hypnosis can remove negative beliefs from the unconscious and replace them with positive suggestions that can be recalled during the player's performance. Its when a player has time to think that things can go one of two ways; either fantastically well or dramatically badly. We have all seen many sporting occasions when under pressure things go horribly wrong. By using hypnotherapy and practising self hypnosis those moments can be turned into memorable victories.

Chris is a qualified Sports Hypnotist. As a Professional Sportsman himself, he is very aware of Sports Performance issues and can help you overcome them.



Schedule of Fees and Registration

Chris Miller's schedule of fees is as follows:

£45 per Session

£70 for Special ONE Session Smoking Cessation Therapy
(Free follow-up within 3 months if required)

Payment may be made by either Cash or Cheque and is due at the time of the appointment, unless otherwise arranged.

Clinic Hours are Monday to Friday 9:00am-8:00pm. Saturday afternoons. 24 hours notice is required for cancellation of appointments. A charge may be levied if this is not adhered to.

In view of recent reports of poorly qualified persons offering therapeutic services, it may be of interest to you that Chris Miller is registered with the following bodies:

The National Council for Hypnotherapy
0800 9520545 or www.hypnotherapists.org.uk
National Guild of Hypnotists (USA)
001 603 429 9438 or www.ngh.net
The Professional Golfers Association
01675 470 333 or www.pga.info
The International Guild of Professional Consultants

Feel free to
phone and
check!



Chris Miller

*FPGA, DipCAH, HPD, MNCH (Lic), CH,
CPC, DipSportHyp, MNLP, DipSportPsych
CertSCS, CertMotHypno*



Chris's qualifications are as follows:-

Fellow of the PGA

Diploma in Clinical and Advanced Hypnotherapy

Master NLP Practitioner

Certified Professional Life Coach

Diploma in Sports Hypnosis

Diploma in Sports Psychology

Certified Motivational Hypnotherapist

Certified Smoking Cessation Specialist

Certified HypnoCoach

Chris is a member of the following professional organisations.-

[*The Professional Golfers Association*](#)

[*The National Council for Hypnotherapy*](#)

[*The National Guild of Hypnotists*](#)

[*The International Guild of Professional Consultants*](#)

Chris is currently taking an M.Phil at [The University of Birmingham](#) in Sports Coaching.

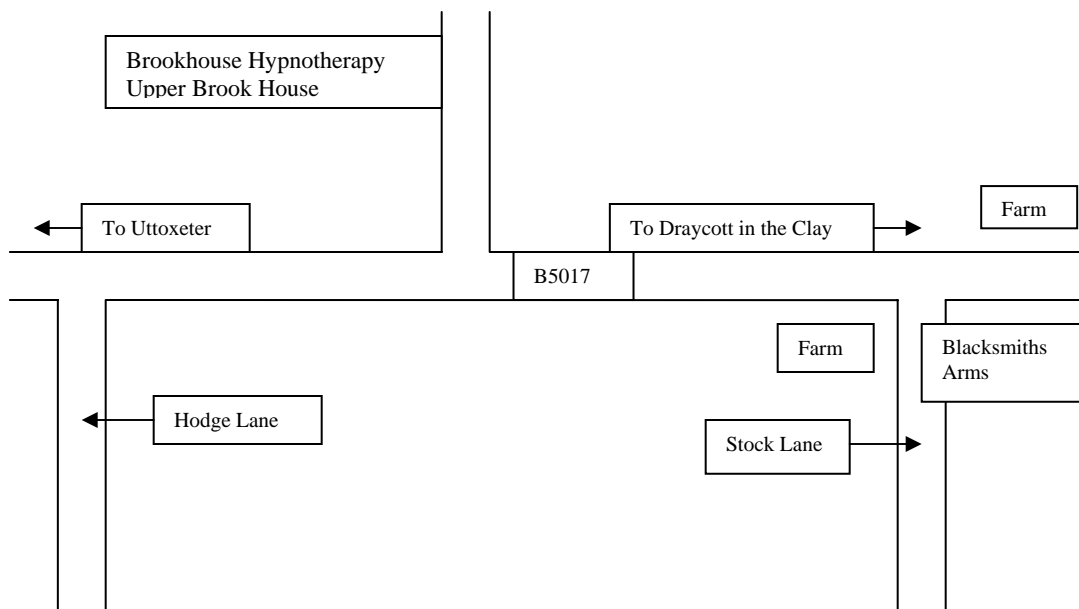
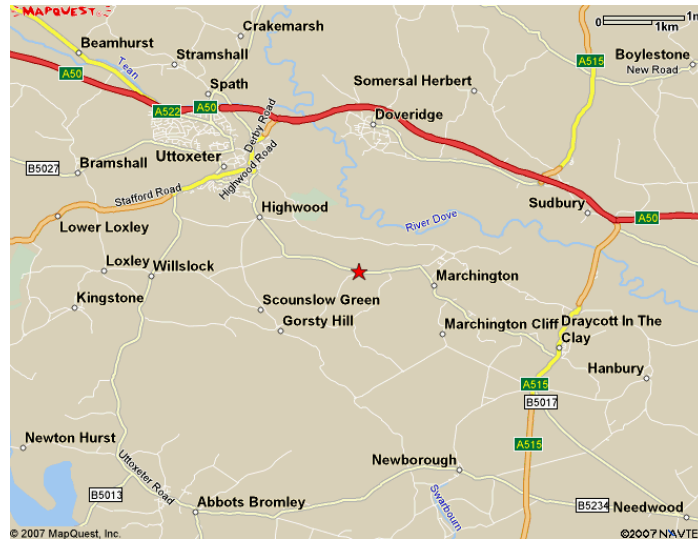
Chris also delivers seminars on The Inner Game, [Golf Psychology](#), Stress, Motivation, Deep Relaxation, Self Hypnosis and Personality Profiling. He is also trained in the use of Bio Feedback analysis, showing how thoughts and emotions affect performance, how to access "The Zone" and how to manage Stress.



How to find us

From Uttoxeter take the B5017 towards Draycott in the Clay. We are approximately 3 miles out of Uttoxeter on the left hand side 200 yards after Hodge Lane which is on the right hand side. The entrance to our drive is on the left hand side, go up a long drive and follow the signs to the front of the house.

From A50 come off at Sudbury and take the A515 towards Lichfield. Go to Draycott in the Clay and turn right onto the B5017 towards Marchington, after approximately 2 miles you come into Birch Cross, go past a riding school then 200 yards after the Blacksmiths Arms the entrance to our drive is on the right hand side, go up a long drive and follow the signs to the front of the house.



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