

# Echo4 Women

## Hypnotherapy makes Mandy a new woman

**M**ANDY Jones is a busy midwife and mother of three teenagers, so she knows a thing or two about stress. In fact, until two years ago, the 43-year-old knew rather too much about it.

"I felt my life was very busy and stressful and I needed to relax more," she said.

Mandy's problems were due to more than just the pressure of labouring in the labour ward.

"I had been married and divorced," she said. "I hadn't dealt with the relationship issues very well — the way things had gone wrong from my side of the marriage."

In addition, she was facing an important job interview.

"I was lacking confidence because I had to do a presentation at the interview, even though I had done the job before," she said.

Faced with this catalogue of constraints, Mandy resolved to do something about them. Luckily soon afterwards she had a Eureka! moment with one of her patients.

"I was looking after a woman at work who had been in labour," she said.

"She had seen a hypnotherapist beforehand and she was very calm and collected throughout the birth. I was very impressed she was so relaxed."

Looking for information about hypnotherapy on the internet, Mandy came across the website of Exeter hypnotherapist Will Williams and was suitably intrigued.



She decided it was worth a try — and her first session, in September, 2006, proved to be a revelation.

"When I arrived, Will asked me what I would like to achieve or resolve from the session," she recalled.

"He talks to you in a calm voice — he tells you how to relax. You don't actually go to sleep, you're fully aware of what's going on all the time."

"He encourages you to think about things and then gets you to visualise yourself in a situation."

"The way I understand it is that he tries to unravel things in your unconscious mind that affect your conscious mind."

To control her stress, Mandy was given a countdown from five to zero to use in stressful situations.

"After that one session I felt ecstatic, very content and calm

— and it lasted months!" she said.

Mandy felt so uplifted that over the following year she went back to Will four times for help in resolving her marital breakdown issues and boosting her confidence for the all-important job interview.

"I did the interview after one session and was very calm throughout," she said. "I can't say I wouldn't have got the job otherwise, but the treatment definitely made me feel better — I wasn't in such a state."

Will is a certified master hypnotherapist and expert in neuro-linguistic programming (NLP).

He explained: "Hypnotherapy is using a trance state through hypnosis to allow re-education and programming of the subconscious mind."

"I'll go into someone's mind and see how they feel — their mental movies if you will. NLP changes those movies."

"Frequently things can get sorted out in a single session and then, because of the results of that, people come back to have more resolutions. Mandy had great results."

Mandy herself has no doubts about Will and his treatment: "You just feel different. I'm completely in awe of him," she said.

Will Williams can be contacted on 01392 258960. His website is at [www.121hypnosis.com](http://www.121hypnosis.com)

**ALAN WOOLCOMBE**

**WEB LINK:** [www.121hypnosis.com](http://www.121hypnosis.com)



Mandy Jones had hypnotherapy with Will Williams, inset, to help her cope with the stress of everyday life. MATT WINGHILL, E1160108, MW02\_04