



Hello, I'm Honey, an experienced online therapist and coach. I help women and teenage girls with self-esteem and confidence issues and anything where anxiety and depression are a feature.

Everything I do with you is designed to help you heal, grow and be, so you can be happier as yourself. I guarantee you'll feel different after your first session.

I am trained in many things and mostly use coaching, hypnosis, NLP, Rapid Transformational Therapy and tapping.

I am accredited with the Complementary and Natural Healthcare Council), a professional body recognised by GP's.

I'm a senior practitioner with the General Hypnotherapy Register and also registered with The Hypnotherapy Society.

I train others to be amazing hypnotherapists and offer certified hypnotherapy and The Simpson Protocol training.

Please find here details of all my services. You can book all my services directly online or we can chat first if you [book a call](#)

You can read my reviews on [google](#) and [facebook](#)



## 4 hour self-discovery package £450

### Two separate session of 2 hours each

In the first session we do deep state hypnosis to sooth & smooth any issues of the past which may include:

- Low self-esteem
- Confidence issues
- Childhood issues
- Anxiety and depression
- Not feeling good enough
- Guilt
- Shame
- Fear
- Rejection
- Trauma
- Grief

The second session is all about 'work of the self' where we explore your values and identity and how you can feel more you, more at peace and more confident.

This package is life changing as it heals the past and grows your inner self ready for a better future....

**Book  
now**



## Rapid Transformational Therapy™ (RTT™) A two hour complete solution- based treatment £350

Rapid Transformational Therapy™ (RTT™) combines the most beneficial principles of Hypnotherapy, Psychotherapy, NLP, CBT & Neuroscience, to offer fast, effective and lasting results.

It's ideal for gently exploring long standing issues which may have begun in childhood. Clients have described it as intensive psychotherapy, in which you are actively involved.

It was created by Marisa Peer, a hypnotherapist with 30 years experience of helping people change how they feel.

Included in your RTT breakthrough package:

- A thorough, tailored session lasting 2 hours
  - A bespoke audio recording for you to keep
  - A 30 minute scheduled call within a month of therapy
- Email/text check-in after the therapy session

RTT is for you if you want to heal your inner child or have always felt like there is something wrong with you

**Book  
now**

[www.honeylansdowne.co.uk](http://www.honeylansdowne.co.uk)



## 2 hour stop smoking session £375

Quit smoking for good with this two hour stop smoking session. This session has been especially crafted by me and combines the power of hypnotherapy, NLP and other techniques. The session deals with all angles of smoking including:

- Addiction
- Habit
- Cravings
- Social need
- Emotional need
- Stress coping mechanisms
- No weight gain
- Encouraging the body to heal from smoking
- Beliefs around being a smoker

There is no messing about. You arrive a smoker and leave a non smoker.

You will be given a powerful recording to listen to which reinforces your new life as a non smoker.

**Book  
now**

[www.honeylansdowne.co.uk](http://www.honeylansdowne.co.uk)



## 2 hour hypnosis session £250

This hypnosis session will work with your unconscious mind to make a significant shift in how you are feeling.

This session will take you to a deep state of hypnosis to heal anything that isn't serving you and change negative thought patterns or behaviours.

Typically people who have this session want to work on:

- Anxious thoughts and feelings
- Feelings of depression or sadness
- Self-esteem
- Feelings of not being good enough
- Trauma healing
- Stress, overwhelm and burnout
- Sleep issues
- Habits
- Phobias
- PTSD

\*\* although one session is often enough, further sessions may be required

**Book  
now**

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When you book, you will be emailed full details of how to join your online sessions.

If you have any questions at all please do get in touch

Other ways to work with me:

- [Buy an online hypnosis download](#)
- [Get instant access to the free anxiety relief course](#)
- [Get instant access to the free depression relief course](#)
- [Join the 21 Day Wellbeing Challenge](#)

I run a number of workshops and retreats in person and online. I welcome opportunities to collaborate.

I'd love to be a guest on your podcast or you tube channel and some of my signature topics are:

Mindset, mental health and self discovery.

Hypnosis, NLP, Mindfulness and Reiki.

Self-confidence, self-esteem, anxiety and depression.

**Let's  
chat**

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**Hypnotherapy training. Become a fully certified confident and competent hypnotherapist £2199**

Would you like an interesting and rewarding career as a Hypnotherapist?

Hypnotherapy is one of the fastest growing, most effective forms of therapy available today. You could be part of this exciting therapy trend which helps people with issues like anxiety, depression, trauma, weight loss and stop smoking.

Included in this training:

- 5 full days training
- A certification to be a hypnotherapist
- 6 weeks business training after your course
- Facebook community with other trainees
- Lifetime access to online training material
- Confidence! In yourself and your abilities
- The opportunity to experience great hypnosis
- The opportunity to change your life
- A new fulfilling career
- The chance to help people change their lives

**Book  
now**

[www.honeylansdowne.co.uk](http://www.honeylansdowne.co.uk)



## The Simpson Protocol training. Learn deep state hypnosis. £1100-£1950

The Simpson Protocol is a deep state, content free, style of hypnosis created by Ines Simpson.

I am the UK trainer of The Simpson Protocol. I run online and in person classes to teach you The Simpson Protocol.

If you've heard of The Simpson Protocol before, you might want to learn it so that you can get better states of hypnosis with your clients, take them deeper and get great outcomes.

This protocol allows for transformation and healing on emotional, spritual, physical, soul and mental levels.

It's also content free which means your clients can work on the issue without telling you all the details, so it respects privacy.

And although you may have a niche in your hypnotherapy practice, The Simpson Protocol works on any issue. Yes that's right, ANY issue. Because it works with the unconcious and higher mind.

**Book  
now**

[www.honeylansdowne.co.uk](http://www.honeylansdowne.co.uk)





## A new 6 page website £1249

I offer a website design service for therapy businesses. What's included:

- Detailed requirements capture
- Setting up of a domain name and website on the hosting platform (domain to be purchased by client and they can choose their own hosting or our hosting)
- Installation of important plugins
- Creation and supply of home, about, services, blog, resources and contact pages
- Inclusion of copy, logo and brand colours supplied by client (we can help with simple branding/logo which is what most therapists use when they get started)
- Experienced support, guidance and marketing ideas throughout the process

You receive a fully functional website, optimised for mobile and you'll be able to update it yourself or we can deliver updates as required for a reasonable cost.

Website  
enquiry.



[See everything I offer](#)

Even though this brochure covers a lot of my offerings, the very latest complete list is here

[See  
everything](#)