

## About Fran and Her Philosophy

Throughout history man has sought to make sense of the apparently chaotic course of life. We need to attach meaning to our lives, to be able to make predictions, calculate the consequences of our actions and seek self fulfilment.

We have a genetic inheritance and a unique collection of things that have happened to us and from this we construct our own way of understanding and being in the world – our belief system. We then create patterns of thought and behaviour which support our beliefs. These can sometimes become stuck and outdated.

Fran's work is about 'wholeness' not just 'fixing things'. Although her roots are firmly planted in established psychological theory and method she works with a transpersonal dimension to create her own style of spiritual psychology.

She is not a magician, she is a 'down to earth' person working with love from a grounded methodology to help you mobilize your own powers to heal yourself.

She has an Honours degree in Psychology, is a Master Practitioner of NLP and is qualified as a Psychotherapist, Hypnotherapist and Counsellor.

### Professional Bodies

- The British Psychological Society
- The International NLP Trainers Association.
- The National Hypno-Psychotherapy Council.
- The Neuro Linguistic Psychotherapy and Counselling Association.

Fran is a member of the above bodies and works within the framework of their codes of ethics.

## Therapies

### COUNSELLING

- Individual
- Couples
- Families
- Bereavement

### PSYCHOTHERAPY

- Panic Attacks
- Anxiety Disorders
- Confidence & self esteem
- Phobias

### HYPNOTHERAPY

- Stress Management
- Addictive Behaviours
- Pain Relief
- PTSD

### ***What you can expect:***

A confidential conversation where you can talk about aspects of your life and feelings freely and openly. Then in collaboration with Fran, use whichever of her tools are best suited to you.

### ***What Fran expects***

24 hours notice of cancellation. (All broken appointments will be charged.)

Payment at the time or prior to consultation.

## Personal Growth Workshops

When we decide to tread the growth path, we find it is an exciting journey of expanding awareness.

Through opening up our world of internal thoughts, beliefs, images and feelings we unlock a treasure house that can release the purpose, the plan and the possibilities of our lives.

We can turn 'wishful dreaming' into a clearly thought out decision with a plan of action

New-Perspectives workshops provide a caring environment where participants can feel free to explore new ways of behaving in safety

Topics vary but all use metaphor, visualization and spontaneous imagery to tap in to your creative potential

See website for forthcoming workshops: [www.new-perspectives.co.uk](http://www.new-perspectives.co.uk)

or phone Fran on  
01453 822628