

Hypnotherapy Works!

ACADEMIC : Academic Enhancement, Academic Performance, Learning Enhancement, Learning Skills, Study Habits, Study Skills

ACHIEVEMENT : Increased Performance, Maximizing Potential, Mindset for Success, Peak Performance, Personal Development, Personal Excellence, Personal Growth, Motivation, Time Management

AGING : Symptoms of Menopause

ALCOHOL & DRUGS : Self-control over alcohol, Self-control over drugs

ANGER : Anger Issues, Anger Management

ANXIOUSNESS : Apprehension, Excessive Uneasiness, Fears, Worry

ART : Artistic Attunement, Performing Arts, Artistic Enhancement

ATHLETICS : Athletic Performance, Sports Enhancement, Sports Performance, Golf Improvement

BEHAVIOUR MODIFICATION/HABIT ELIMINATION : Behaviour Issues, Behavioural Change, Excessive Behaviour, Habit Shifting, Procrastination, Unwanted Habits, Nail Biting, Personal Growth

BUSINESS : Business Enrichment, Career Change, Career Planning, Job Burnout

CHILDREN : Working with Children, Teens, Young Adults

COACHING : Business Coaching, Hope Coaching, Life Coaching, Life Plans, Life Purpose, Life Skills, Life Transitions, Work/Life Balance

CONFIDENCE : Assertiveness, Ego Strengthening, Public Speaking, Salesmanship, Self-Confidence, Self-Acceptance, Self-Actualization, Self-Control, Self-Esteem, Self-Empowerment

CRISIS COPING : Abuse, (Post War) Military Service Transition

DENTAL : Dental/Surgical Support, Dry Mouth, Hypnoanesthesia, Teeth Grinding, Excessive Salivation

EMOTIONAL ISSUES : Aging, Forgiveness, Grief, Guilt, Hypnotic Assisted Birthing, Sadness, Self-Sabotage, Sleep, Inner Conflict Resolution, Smoking, Situational Stress, Weight



De-Stress & be HAPPY

Kerry Heritage : Clinical & Holistic Hypnotherapist

www.De-StressAndBeHAPPY.com

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FINANCIAL ISSUES : Debt Elimination, Financial Blockages, Prosperity, Self-Sabotage, Abundance

GENERAL HYPNOSIS : Creating Positive Change, Limiting Beliefs, Group Hypnosis, Guided Imagery, Guided Meditation, Self-Hypnosis, Visualization

GOAL ACHIEVEMENT : Goal Setting, Decision Making

GRIEF : Bereavement, End of Life Care, Grief/Loss, Heartache, Hospice, Loss of Innocence, Loss of Love

HEALTH & HEALING : Accelerated Healing, Allergy Alleviation, Better Health, Cancer Support, Catastrophic Illness Support, Chronic Illness, Comfort Control, Debilitating Conditions, General Health, Healing, Healing from Sexual Assault/Incest, Health Maintenance, Hope Coaching, Humour in Healing, Hypnoanesthesia, Imagery for the side effects of Cancer Treatment, Improved Health, Non-pharmacologic Surgical Analgesia, Optimal Health, Palliative Care, Post-Operative Healing, Pre Surgery Preparation, Ringing in the ears, Mind/Body Wellness, Surgery Prep/Recovery, Wellness, Whole Health; Women's Wellness

RELATIONSHIPS : Compatibility, Intimacy/Sexual Health, Sexual Enhancement, Sexual Health, Loss of Love

MEDICAL/HEALTH SUPPORT : Anxiousness, Comfort Control, Discomfort, Situational Stress

MEMORY & CONCENTRATION : Concentration, Focus Training, Focused Attention, Improved Focus, Mental Training, Memory, Mind Fitness

PAIN RELIEF : Comfort Control

PEAK PERFORMANCE/SELF IMPROVEMENT : Academic Sports, Arts, Athletic, Achievement, Financial Issues, Memory & Concentration, Increase Motivation, Public Speaking

PHYSICAL CHALLENGES : Working with Hearing Impaired, Limited Mobility

PREGNANCY ISSUES : Childbirth, Enhanced Fertility, Hypnosis Assisted Birthing, Peaceful Pregnancy, Prenatal Wellbeing, Pre/Post Natal



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SLEEP : Peaceful Sleep Programming, Sleep Well, Sleeplessness

SMOKING : Self-Control/Smoking/Tobacco Cessation, Tobacco

SPECIALIZED MODALITIES : Coaching, Conversational Hypnosis, Business Coaching, Hope Coaching, Life Plan, Life Purpose, Life Skills, Life Transitions, Parts Therapy, Regression, Work-Life Balance

SPIRITUAL HYPNOSIS : Spirituality, Holistic Wellness

STRESS : Situational Stress, Stress Relief, General Relaxation, Relaxation

WEIGHT : Weight Management, Virtual Gastric Band, Weight Release, Appetite Suppression, Body Image, Body Reshaping, Exercise



Hello! I'm Kerry Heritage, the face behind De-Stress & be HAPPY.

I'm a registered Clinical & Holistic Hypnotherapist and a member of the International Medical & Dental Hypnotherapy Association. I have over 23 years experience in the Holistic and Wellbeing industry. I'm also a Wife, a Mum to 3 grown children and have a passion for helping people

De-Stress and be HAPPY educates and supports people like you to transform their lives and achieve their goals and dreams. With our website, social media, online one on one appointments PLUS our face to face appointments, there's heaps of ways to receive the support and guidance you need to De-Stress and be HAPPY.

QUALIFICATIONS:

Diploma of Clinical & Holistic Hypnotherapy
Diploma of Counselling
Professional Kinesiology Practitioner—Level 5
Certificate 1V Mental Health
Reiki Master & Educator
Ear Candling Practitioner & Educator
CranioSacral Therapy Practitioner
SomatoEnergy Release Practitioner
Sculptural Face Lift Massage PLUS TMJ & Jaw

ONLINE BOOKINGS : see website for details

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How to make contact with us:

WEBSITE:

<https://www.de-stressandbehappy.com>

ONLINE BOOKINGS:

Pop over to the website and on the top of any page you will see the MAKE A BOOKING button click on it.

SOCIAL MEDIA:

Facebook

<https://www.facebook.com/De.StressAndBeHappy/>

[https://www.facebook.com/](https://www.facebook.com/WellnessPractitionerKerryHeritage/)

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Twitter

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Instagram

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