

Where?

Cazzie practises at:

Marine Clinic, Rottingdean
Trinity Clinic, Portslade

Also at central locations in Brighton or Hove by prior arrangement (and a small additional charge).

How much?

	Standard Session	First Session
NLP/TLT:	£45 (1hr)	£75 (2hrs)
Reflexology/Reiki/Counselling:	£30 (1hr)	n/a
EMF Mini-Balance:	£20 (1/2 hr)	£30 (1hr)

(All sessions can be open-ended or fixed-length, at your option.)

How do I contact Cazzie?

Telephone: **01273 770 873**
Mobile: **07769 581 902**
Email: **caz@cazziedare.com**

Sources:

Parts of the text of this leaflet came from a variety of books and websites. I am particularly grateful for the clarity found on:

www.reikifed.co.uk

www.reflexology.org

www.inphases.com

and in: *Consulting with NLP* by Lewis Walker

Note: While I gratefully acknowledge these websites and books as sources, all the material has been edited and re-phrased for the purposes of this leaflet, and to reflect my own perspective and practice. There is no intention to imply any membership of or connection with the organisations or individuals who have written the source material.

Cazzie Dare

Personal Therapist

Reflexology

Reiki

EMF Balancing®

NLP

Time Line Therapy®

Counselling



NLP

Neuro = how we use our neurology to think and to feel.

Linguistic = how we use language to influence others and ourselves.

Programming = how we process, store and retrieve information.

NLP looks at how we manage our thought patterns, and gives us fun techniques that we can use to let go of old patterns and create new ones. It gives us tools to excel in all areas of our lives, working on the beliefs that:

- ✓ there is no such thing as failure, only feedback;
- ✓ we have all of the resources to achieve exactly what we want;
- ✓ we make the best choices we can in any given moment.

NLP is a fun way to help you to re-evaluate different areas of your life, and shows you how to 'anchor' positive states as and when you need them.

About Cazzie

Cazzie has been a practising therapist since 1997. She is qualified in all the above, to Master level in NLP TLT and Hypnotherapy. She has a Postgraduate Diploma in Psychotherapeutic Counselling. She works with the belief that you have all of the resources to make the changes that you want in your life, and that healing and therapy are best done *with* you not *to* you. Cazzie sees through the barriers to personal growth in a non-intrusive way, and will help you tap into your full potential in a fun and safe environment.

"I look forward to learning, growing and sharing with you!"

Reflexology

The ancient healing art of reflexology has been known for many thousands of years. In foot reflexology, congestion or tension in any part of the foot mirrors congestion or tension in other parts of the body. The foot can be seen as a map, with different pressure points corresponding to organs throughout the body.

The treatment consists of gentle to hard pressure (at your preference) to the points on the feet where tiny crystalline deposits and imbalances may be found. By working on these points blockages can be released, and the free flow of energy to the whole body restored. Tensions are eased, and circulation and elimination is improved. This gentle therapy encourages the body to heal itself at its own pace, often counteracting a lifetime of accumulated trauma.

Counselling

When we have difficulty in our relationships – whether with a loved one, friend or colleague, parents or children, the person sitting next to us on the bus, or within ourselves, we can feel out of balance. Our conscious and unconscious minds are out of rapport – in other words, not communicating properly with each other.

If you are experiencing difficult times in your life, due to present circumstances or past events, counselling offers a safe and confidential space for you to explore these issues with warmth and integrity.

Reiki

Reiki is believed to come from ancient texts rediscovered and developed by Mikao Usui in Japan early last century and means 'Universal Energy'. Eastern medicine has always recognised and worked with this energy, which flows through all living things and is vital to the well-being of life.

As a therapy, Reiki is an effective and simple way of tapping into this energy, as it stimulates your body's own natural healing potential. It is a non-invasive experience, consisting of hand movements placed on or over the body and can be experienced fully-clothed, while you are seated or lying down.

The energy is gentle and relaxing. It eases stress and tension, relieves physical trauma, and wards off illness and fatigue, promoting health and a sense of well-being — mentally, physically and emotionally.

Hypnotherapy

A powerful tool in its own right, hypnotherapy is highly beneficial in combination with all of the other therapies. Particularly at the end of a session, it can be used to help you feel nice and relaxed, and also to 'anchor' feelings of well-being, reinforcing your self-healing potential.



EMF Balancing®

The EMF Balancing Technique® assists you by aligning your own Electro-Magnetic Field (EMF), which brings balance at the level it is most needed. This can be on the physical, mental, and emotional level, which are all interconnected. For this reason it is especially helpful in allowing people to move beyond the effects of past trauma. Balancing of the energy flow allows for integration of all these aspects, and can assist in resolving any distressing issues being faced.

Rather than being designed to treat specific complaints, the EMF Balancing Technique® serves to open that space of peace and well-being within you, wherein your body's own wisdom will promote healing on the necessary level. A very powerful part of this work is the intent of the person seeking help. An EMF Mini-Balance works towards reprogramming old energetic patterns by bringing your energy system into balance, giving you a feeling of greater well-being and wholeness.

Time Line Therapy®

In conjunction with NLP, Time Line Therapy® can release old, unwanted and inappropriate thinking patterns from the past. During a 'TLT' session, you will clear negative emotions such as anger, guilt, hurt and sadness, and limiting beliefs and decisions you have about yourself and your life, such as "I'm not good enough"

At the end of the session, you will then be able to set positive goals in your future and watch them come true.