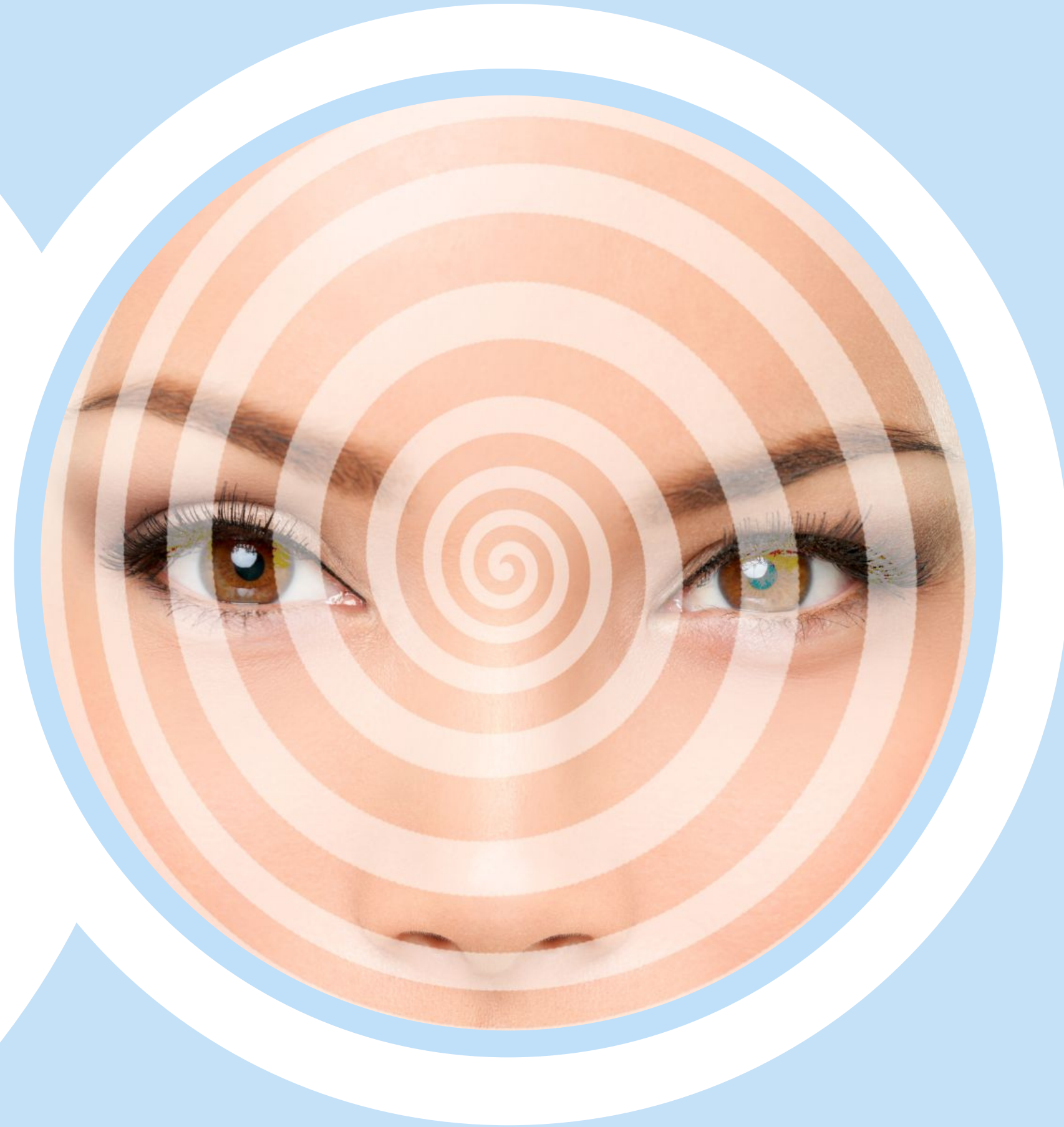




SETAREH THERAPY

A community for love and healing

What Can Hypnotherapy Help With?





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Before looking at the list, please note that hypnotherapy is a therapeutic approach that can help address a variety of issues and concerns. It can be used alone or in conjunction with medical care to achieve better results.

At Setareh Therapy, you will be guided by one of our expert hypnotherapists, who will use their skills and expertise to help you enter a deeply relaxed state. From there, you can access your subconscious mind and work through any underlying issues or patterns of thoughts and behavior that may be causing you distress or contributing to disease.

With the power of hypnotherapy, you can unlock your full potential, find your answers, enhance the healing process, and live your best life



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- Stress management.
- Enhancing relaxation and peace.
- Improving sleep quality.
- Quit smoking.
- Inner-child healing.
- Inner conflict resolution.
- Addressing emotional issues such as depression, sadness, remorse, anger, guilt, and shame.
- Hopelessness, doubt, and lack of trust.
- Enhancing worthiness, inadequacy, confidence, self-esteem, self-love, self-compassion.
- Cultivate positive qualities such as gratitude, and forgiveness.
- Overcoming limiting beliefs and negative self-talk.
- Motivation, and procrastination.
- Enhancing ability to set boundaries.
- Attracting money and releasing blockages.



- Pain management.
- Tension, migraines, and headaches.
- Chronic fatigue syndrome.
- Helping cancer treatment.
- Irritable bowel syndrome (IBS).
- Emotional eating and eating disorder.
- Weight loss.
- Hypertension.
- Allergies.
- Diabetes.
- Asthma.
- Sinusitis.
- Tinnitus.
- Nail biting.
- Hair Pulling.
- Skin Picking.





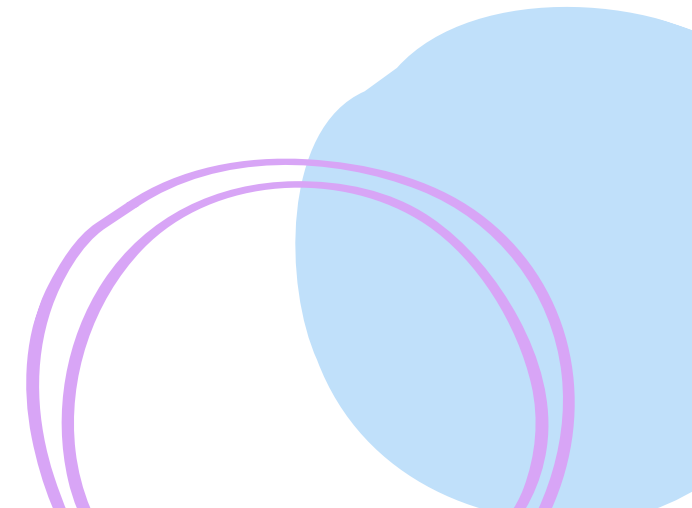
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- Anger management.
- Anger issues in children and teens.
- Road rage.
- Panic attack.
- Teeth grinding.
- Midlife crisis.
- Nightmares.
- Trauma/ PTSD.
- Fear of death and dying.
- Worried, anxiety, social anxiety, exam anxiety. performance anxiety, public speaking anxiety.
- Overcoming fears and phobias, such as: Fear of enclosed spaces, open spaces, spiders, dogs, cats, driving, flying, height, needles, hospital, dentists, failure, success, rejection, intimacy, commitment, change, the future, the unknown.
- Obsessive thoughts.
- Obsessive-compulsive disorder such as compulsive buying, handwashing, checking, counting, hoarding, gambling, and exercising.



- Grief and loss.
- Alcohol problems.
- Relationship issues.
- Sexual issues.
- Enhancing success with IVF.
- Pregnancy, and childbirth.
- Breastfeeding.
- Postpartum depression.
- Bedwetting in children.
- Alleviating health conditions like Fibromyalgia, Multiple Sclerosis (MS), Parkinson's, Alzheimer's, and Dementia.
- Addressing the underlying causes of an autoimmune disorder.
- Improving focus and concentration.
- Improving athletic performance.
- Personal development.





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- Enhancing the ability to identify and resolve problems.
- Attracting money and releasing blockages.
- Enhancing creativity.
- Boosting memory and recall.
- Learning, studying, and final exams.
- Interviewing.
- Finding Purpose.
- Goal setting.
- Work with dreams.
- Past lives and soul journey.
- Spirituality.
- Cutting the cord.

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Hypnosis is the oldest Western form of psychotherapy, but it's also one of the most misunderstood. It's a powerful tool for accessing the subconscious mind and creating positive change.

“

- Dr. Michael Yapko

📷 @setarehtherapy



Take the first step and call us for a free 30-minute consultation with our experts. Let us discuss how we can help you.

www.setarehtherapy.com

hello@setarehtherapy.com

Thank You. 