

Get in touch

To arrange an appointment or for further information, just call or email.

Initial consultation

In this session, we will discuss what you want help with and why. Think of it as laying the foundations for future work. During this session you will also be introduced to hypnosis in order to help you prepare for future therapy.

Further therapy sessions

Hypnotherapy forms the main part of these sessions along with a review of your progress since we last met. The focus is always on getting you to where you want to be in as few sessions as possible.

Hypnotherapy is very solution orientated and each session lasts about an hour in order to maintain optimum concentration levels and get the best from the process.

Location

Appointments are held at my therapy room which is located approximately 1.5 miles from Keighley, West Yorkshire. Parking is available and it is also within easy reach of local bus routes.

Booking a session

If you would like to book an appointment, please call me on **07811 383372** or email me at vicki@vickicrane.co.uk. If I'm unable to answer your call, please do leave a message along with a contact number on my voicemail and I'll call you back. Alternatively, you can email me instead if you prefer.

*For more information
or to book an initial
consultation...*

Call me on:

07811 383372

Or email:

vicki@vickicrane.co.uk

About me

My focus is on enabling you to get to where you want to be. Whether that's free from fear, anxiety or a habit, or perhaps you'd like to feel more confident.



Vicki Crane
BA(hons) MCSD Dip.Thyp LHS

How do I help you?

Using a combination of hypnotherapy and NLP (Neuro Linguistic Programming) techniques, I offer a safe and confidential environment in which to help you find solutions to problems and make the changes that you need to achieve your goals.

My qualifications and training

I studied at the Northern College of Therapeutic Hypnosis in Leeds where I completed a foundation course in Therapeutic Hypnosis and then went on to gain a diploma in Clinical Hypnosis which was awarded by the Medical Hypnotherapy Examinations Board and accredited by the Hypnotherapy Society.

In order to broaden my skills and keep up to date with the latest therapeutic techniques, I attend various courses and workshops as part of my commitment to continuous professional development. As a licentiate member of the Hypnotherapy Society, I am listed on their national database which is available on their website. I am also listed on the National Regulatory Register for Hypnotherapy as well as being a member of the NHS Directory of Complementary and Alternative Practitioners.

For more information, please visit my website:

www.vickicrane.co.uk



Calm? Relaxed?
Confident? Stress free?
Be the person you
want to be



Make positive life changes
with hypnotherapy

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