

JANE GAMBLIN HYPNOTHERAPY

Change your life - focus on your future

ANXIETY

STRESS

PANIC ATTACKS

SLEEP • CONFIDENCE

DEPRESSION

NEGATIVE THINKING

CHRONIC PAIN

SPORTS / EXAMS PERFORMANCE

PHOBIAS

OCD • IBS

WEIGHT

SMOKING

www.hypnotherapy-cardiff.com



JANE GAMBLIN HYPNOTHERAPY

RGN, HPD, DHP, SFBT(Hyp), MNCH, GQHP

Clinical Hypnotherapy

Psychotherapy

Solution Focused Brief Therapy

CLINIC LOCATIONS:

Associated Contemporary Therapists Ltd

53 The Parade

CF24 3AB

Cyncoed Consulting Rooms

277 Cyncoed Road

CF23 6PA

T 02920 319007

M 07711 376 724

E jane@hypnotherapy-cardiff.com

Please call for a confidential informal chat

Free initial consultation and CD

www.hypnotherapy-cardiff.com