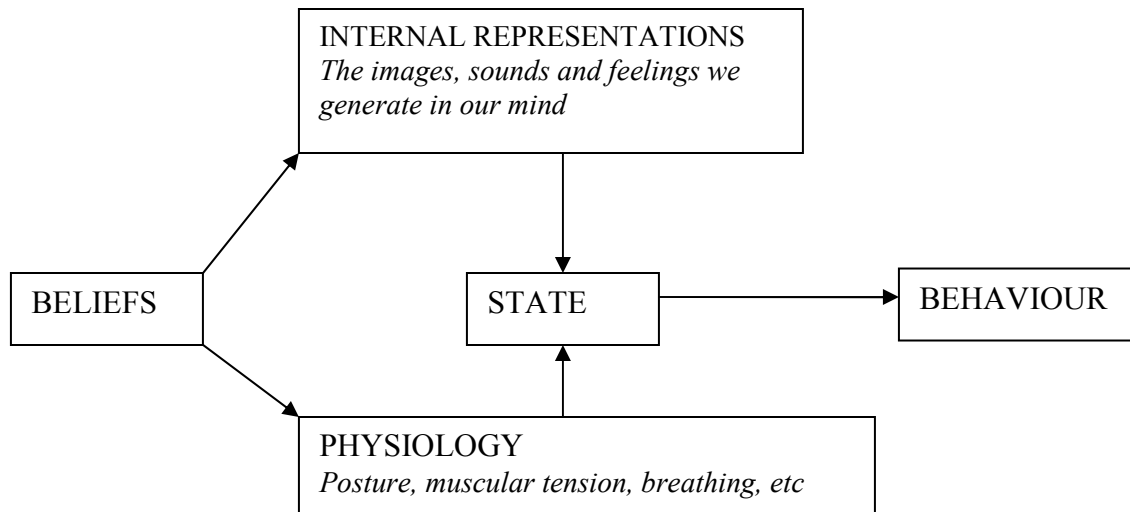


COGNITIVE BEHAVIOURAL THERAPY MODEL

Cognitive behavioural therapy is based on the notion that our beliefs influence our behaviour. These beliefs may be deep below the surface and only accessible through identifying unhelpful self talk. This is the inner chatter that goes on in our minds on a daily basis; we may be conscious of this but quite often it is below conscious awareness.

Harmony4Life uses a combination of cognitive behavioural coaching and hypnotherapy to identify beliefs which may be influencing our behaviour. These techniques influence internal representations and physiology to result in clients reaching positive states. This means they achieve their desired behaviour and ultimately the results they want, as the following diagram shows.



Cognitive behavioural coaching and hypnotherapy break the cycle which maintains anxiety, stress and depression or anything that is holding someone back, from living the life they want and deserve to live. It does this using a combination of self help tools which you can take away and use yourself and hypnotherapy which works below conscious awareness to get to the deepest roots of an issue. The below illustrates the belief cycle, once this is broken new beliefs can be established to help you change your behaviour, to be the person you want to be and live the life you deserve.

COGNITIVE BEHAVIOURAL THERAPY MODEL

