



Anita Rampal

QUALIFIED COGNITIVE
BEHAVIOURAL
HYPNOTHERAPIST; CERTIFIED
NEURO-LINGUISTIC-
PROGRAMMING
PRACTITIONER; FORMER
DIVORCE LAWYER AND
LECTURER; SPEAKER
BIO

Q & A SESSION TITLE

Hypnotherapy and Heartbreak

Q & A SESSION TIMES

Thursday: n/a

Friday: 14.15 - 14.45

Saturday: n/a

Anita's background as a divorce solicitor gives clients an unbiased and honest insight into minimising legal fees and showing them a legal path that does not have to be overwhelming. She has had experience managing separation and is aware of the strong emotions this difficult life transition can bring. Anita feels that talking doesn't always clear the stronger emotions like anger, sadness and guilt. She has therefore successfully applied Hypnotherapy in these situations - to gently and safely release the traumas, as well as the unconscious patterns that cause her client's break-up in the first place.

Within the Divorce and Separation Therapy Programme, Anita provides strategies on how to remove negative self-talk, become aware of emotional triggers and provides the practical tools and techniques for clients to learn how to show up as their best self. The program also includes communicating effectively with an ex-partner and with minimal conflict. Rather than re-living the separation Anita provides a solution focussed hypnotherapy with NLP, which deeply relaxes her clients with the calmness and focus to move on.

Anita regularly speaks at Collaborative Law Forums and Events to promote therapy as an essential ingredient in the recovery from Divorce.

WEBSITE

www.arhypnotherapy.co.uk