



David Holtom DHP DHyp LAPHp

Masks we wear

This photograph isn't like me at all. Normally I'm quite grumpy!

I'm kidding of course, but there is a point. We all wear masks occasionally - trying to convey feelings and emotions outwardly, which differ from those we feel within.

Some people spend much of their time behind such masks, anxious within, but externally showing a "Brave Face".

Anxiety, Stress or Fear can isolate us. Family and friends may not realize our inner torment - or may see it, but be unable to help make a difference.

You don't need to suffer anxiety alone! I help people to resolve their issues, throw away their masks, and enjoy life again.

If You Want To Enjoy Life Again
Phone 07474 264 465

Fresh



Pathways

www.freshpathways.co.uk

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From junction 3 of the M42 go north on the A435 toward Wythall. The Farm Shop site is on the left, just before the first island.

I have an office on the first floor in the Transforming U premises on the opposite side of the car park from the Farm Shop.

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Fresh Pathways is the trading name of the registered company D H Hypnotherapy. Registered Office for both is Somerset House, 6070 Birmingham Business Park, Birmingham, B37 7BF. Fresh Pathways Reg No 2294300, D H Hypnotherapy Reg No 2294189

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My mission at Fresh Pathways is to help you make a positive difference in your life if you suffer from anxiety.

Stress, Fear and Panic also give rise to the feelings of anxiety - you can think of these as different intensities of anxiety.

If you have persistent anxiety, whatever the underlying issue, I can assist you to find, and implement, an outcome that you feel is relevant.

I use BWRT, Hypnotherapy, Counselling, Hypnoanalysis, Psychotherapy, or Coaching to help you resolve your issue.

Overleaf is a general list of issues I cover. Please call or email me if your issue is not specifically mentioned, I can help with many more issues too.

Don't Suffer Anxiety Alone
Phone 07474 264 465

Escape Feelings Of Despair

Achieve Ideal Weight

Conquer Exam Nerves

Learn Self-Hypnosis For Relaxation

Resolve a Fear or Phobia

Overcome Panic Attacks

Resolve Issues With Sleeping

Learn How To Manage Pain

Enhance Self Confidence

Increase Motivation Levels

Resolve Self-Image Issues

Overcome Anxiety or Stress

Understand and Control Aggression

Overcome Guilt, Shame, Embarrassment

Conquer Bad Habits

Improve Goal Achievement

Relieve The Anxiety of IBS

Achieve Sexual Fulfillment

Improve Self Esteem

Escape Obsessive Behaviour

For help with any of these:
Phone 07474 264 465



BrainWorking Recursive Therapy (R)

Also known as BWRT (R)

This is a new and exciting therapy which does not require the use of hypnosis. It can be operated in a content-free manner, meaning that you do not need to provide specific details of your issue.

A more active involvement is required from you than is usual in other therapies, my role being to help you perform the therapy on yourself!

You will supply relevant details silently from your own mind as you operate the therapy.

The background and the process will be explained to you before therapy, and during the therapy I will instruct you in the procedure you need to follow.

BWRT (R) has only been taught since the end of 2013, but has already shown itself to be effective for a range of issues.

Terence Watts developed the therapy, and you can read more about it, and search for other certified practitioners on this web page :

<http://www.brainworking-recursive-therapy.com/>

I am certified to practice BWRT



In Two Minds

All that "you" are aware of, think about, or imagine - makes up your conscious mind (CM).

But at least 95% of things that happen in your brain and body are controlled by the older sub-conscious mind (SCM).

The two "minds" are different areas of the brain that evolved while the brain's role as our guardian developed. The old methods of the SCM are geared up for occasional emergencies. But the CM evolved later, and excels at finding solutions to the complex difficulties that we now face in our hectic daily lives.

Our logical CM is able to invent and develop new solutions. Its our "explorer" and can communicate with other CM's - two or more heads, offer more experience, information and insight than one. Networking evolved long before we thought of it!

The SCM monitors all data entering the brain, to see if risks to our safety or well-being seem likely, or if thoughts or actions conflict with our beliefs. When SCM finds a risk it notifies us by generating anxiety or fear. The CM recognizes the anxiety, and might offer strategies to help - if it can.

But the cause of the anxiety may not be known, and even if it is, it may require effort from us, as well as ideas before the SCM will accept changes to beliefs. The SCM is in charge!

Anxiety can also arise indirectly from conflict within our personality, which is part of the CM

Anxiety may be caused by:

1. Conflict between CM and SCM
2. Conflict between parts of the CM.
3. Identified risk to survival or well-being.

Anxiety is activated subconsciously.