

There is clear evidence that our treatments are effective for the following:

- Depression
- Post-natal Depression
- Panic Disorder
- Agoraphobia
- Generalised Anxiety Disorder
- Specific phobias
- Social Phobia
- Obsessive Compulsive Disorder
- Post-traumatic Stress Disorder
- Birth Trauma
- Tocophobia (Irrational fear of childbirth)
- Eating Disorders
- Difficulty in managing emotions (Emotional Intensity Disorder)
- Personality disorders
- Habit disorders
- Pain
- Chronic fatigue