



Full list of what TERESA JAY offers as services:

## 1. Stress and Anxiety Management

- Help patients manage stress, general anxiety, or specific anxieties (e.g., health anxiety).
- Teach relaxation techniques and provide coping strategies.

## 2. Pain Management

- Work with patients experiencing pain to reframe the experience and help retrain the mind to decrease the pain.
- Support post-operative recovery by reducing pain perception and improving relaxation.

## 3. Smoking and Vaping Cessation

- Partner with the surgery to support patients referred by GPs for quitting smoking or vaping.

## 4. Weight Management

- Assist patients in developing healthier habits and addressing emotional eating or overeating.

## 5. Sleep Issues

- Help patients improve sleep quality and address insomnia or difficulty falling asleep.

## 6. Phobias

- Treat specific phobias such as fear of needles, heights, or confined spaces.
- Useful for patients avoiding medical procedures due to their phobias.

## 7. Pre-Surgery Anxiety and Recovery Support

- Help patients reduce pre-surgery anxiety, leading to better surgical outcomes.
- Use hypnosis to accelerate healing and manage postoperative pain.

## 8. IBS Management

- Provide hypnotherapy for Irritable Bowel Syndrome (IBS), a service supported by NICE guidelines in the UK for managing IBS symptoms.