

## HYPNOTHERAPIST: Dr Keith Hearne (BSc MSc PhD)

(He is on the Advisory Board of the General Hypnotherapy Standards Council - GHSC)

**Dr Keith Hearne** (BSc MSc PhD) is an internationally known British **psychologist** who conducted the world's first sleep-laboratory research into '**lucid**' **dreams** (in which the dreamer becomes fully aware of being in a dream) for his PhD – completed in 1978 at Liverpool University. He devised the **ocular-signalling** technique and invented the first '**dream machine**'. The original sleep-lab chart records from his pioneering research, and a dream machine, are on permanent display at the **Science Museum** in London.



Therapy at: Bulkeley House, Middle Hill, Englefield Green, Egham, Surrey TW20 0EH (and other locations).

If you are seeking his expert help as a **hypnotherapist**, please contact him by telephone on **01784 479930**

Dr Hearne is the **Founder/Principal** of the **European College of Hypnotherapy** and a therapist of great renown. He has lectured widely, and introduced several major new therapeutic techniques. He teaches hypnotherapy, as well as the more esoteric subjects of past-life therapy and spirit releasing therapy. Over the years he has been frequently in the media, especially television, in the U.K. and abroad.

He is also a **composer** and has written many works including a full **Requiem**, a **Musical**, a **Guitar concerto**, a **Holocaust Memorial** piece, and a **Ballet**. The full-length ballet was written in collaboration with **Gillian Lynne**, who choreographed **Andrew Lloyd Webber's** *Phantom of the Opera*, *Cats!* etc. Some of the ballet pieces have been recorded by the **Moscow Symphony Orchestra**.

Further information about Dr Hearne may be viewed at:

[www.keithhearne.com](http://www.keithhearne.com)

[www.european-college.co.uk](http://www.european-college.co.uk)

Some of the areas where hypnotherapy can help:

Anxiety, panic attacks, stress, nervousness, obesity, slimming (including the hypnotic 'gastric band' technique), stopping smoking, relationship problems, getting over a relationship, sexual problems, frigidity, impotence, pain control, vulvodynia, flashbacks, childhood trauma, ME, sleep problems, insomnia, nightmares, sleep terrors, sleep walking / talking, sleep paralysis, snoring, teeth grinding (bruxism), work problems, psychosomatic illness, all in the mind illness, blushing, driving-test nerves, stage fright, stage nerves, public speaking nerves, speech problems, stuttering, stammering, embarrassment, lacking assertiveness, exam nerves, performance enhancement (eg for studying), loss of creativity, ptsd, moodiness, anger, angry, laziness, bereavement, bullying, frightened to go out, depression, eating problems, autism, Asperger's syndrome, shyness, lucid dreaming, infertility, IVF enhancement, psychological infertility, confidence, phobias, arachnophobia, claustrophobia, agoraphobia, emetophobia, travel sickness, OCDs, obsessions, compulsions, menopause, hot flushes, finding lost items, past life therapy, spirit release therapy, hair problems, self hypnosis, sport performance enhancement, skin problems, dream interpretation, increase breast size, pms, pmt, self-esteem,

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