

## Hypnotherapy 4 Freedom

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[hypnotherapy4freedom.co.uk](http://hypnotherapy4freedom.co.uk)

Cost is naturally one of the first practical questions anyone considering hypnotherapy in London wants answered, and Hypnotherapy 4 Freedom addresses this directly with a published fees page rather than requiring clients to enquire before getting any sense of pricing at all. Central London clinics, particularly those in well established medical districts like Harley Street, do tend to sit toward the higher end of pricing nationally, and it is worth understanding why before comparing options. A Harley Street address carries genuinely higher running costs than clinics in less central locations, and this is reflected to some extent in session pricing across the area generally. What that cost buys, beyond the room itself, includes the practitioner's training and ongoing professional development, insurance, and the kind of accessible, well connected location covered elsewhere in this content, all factors that contribute to the overall value of a session beyond the hour itself. The total cost of hypnotherapy also depends heavily on how many sessions are needed, which varies by issue. A single stop smoking session represents a one off cost, while a longer course for anxiety, addiction, or trauma work spread across several weeks naturally adds up to more over time. This is exactly why the free 30 minute consultation exists, to give a realistic sense of likely session numbers before a client commits financially to a full course. Value is worth considering alongside raw price. A hypnotherapist in London offering a single technique applied [hypnotherapy for smoking London](#) uniformly to [hypnotherapy in London](#) every client may charge less per session, but a blended approach drawing on clinical hypnotherapy, NLP, EMDR, cognitive behavioural hypnotherapy and coaching, matched to what a specific issue actually needs, can mean fewer sessions are required overall to reach the same result, which affects total cost more than the headline per session price alone. Specific, current pricing is available on the practice's fees page, and any remaining questions about cost can be raised directly during the free consultation call before booking. It is also worth mentioning that the free 30 minute consultation itself carries no cost or obligation, meaning a client can get a personalised estimate of likely sessions and total cost for their specific situation without having spent anything at all. This removes one of the more common barriers to seeking help in the first place, the fear of committing financially before knowing whether the service is even a good fit. Comparing this kind of transparent, no obligation starting point against practices that require an initial paid session before any real conversation happens is a reasonable and sensible part of choosing where to book. Hypnotherapy 4 Freedom | 1 Harley Street, London W1G 9QD, United Kingdom | +44 7825 599340

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**FAQ About Hypnotherapy in London**

How much does hypnotherapy cost in London? Prices vary between practitioners and clinics across the city, often depending on location, experience and session length. Hypnotherapy 4 Freedom offers a free 30 minute consultation before any paid session, so cost and a realistic session plan can be discussed openly before committing to anything. Sessions are progress led rather than sold as a fixed package, so the total number needed depends on the individual issue being addressed.

Is hypnotherapy available on the NHS? Hypnotherapy is generally treated as a complementary therapy rather than a standard NHS treatment, so most people access it privately. Hypnotherapy 4 Freedom, based at 1 Harley Street, works alongside a client's existing GP or specialist care rather than replacing it. Anyone already under NHS care for a mental health condition is encouraged to keep that relationship in place while exploring hypnotherapy as additional support.

What conditions can hypnotherapy treat? Hypnotherapy is commonly used for anxiety, stress, sleep problems, phobias, stopping smoking and other habits, and building confidence, among other issues. At Hypnotherapy 4 Freedom, sessions also cover more specialist areas such as OCD, PTSD and trauma, addiction, and weight management, drawing on clinical hypnotherapy, NLP and EMDR depending on what the individual client needs. A free consultation call is the best way to discuss whether a specific issue is a good fit for this kind of work.

Is hypnosis safe? Hypnosis is generally considered safe when carried out by a properly trained and insured practitioner. Stuart Downing at Hypnotherapy 4 Freedom is a Clinical Hypnotherapist and Master Practitioner of NLP with full professional indemnity insurance, working from a private consulting room on Harley Street. Clients remain aware and in control throughout a session, contrary to the loss of control often portrayed in stage hypnosis.

Who is not suitable for hypnotherapy? Hypnotherapy is not usually recommended for people experiencing active psychosis or certain severe mental health conditions without medical oversight. Hypnotherapy 4 Freedom's free 30 minute consultation is used partly to screen for this, ensuring hypnotherapy is a suitable and safe option before any paid session is booked at the Harley Street clinic. Where it is not suitable, clients are pointed toward more appropriate support instead.

What are the disadvantages of hypnotherapy? Hypnotherapy is not a guaranteed quick fix, and results depend on the individual, the issue being addressed, and how many sessions are genuinely needed. Hypnotherapy 4 Freedom is upfront about this during the free consultation, setting realistic expectations rather than promising a fixed outcome from a single session. Sessions are reviewed for progress along the way, so the approach can be adjusted rather than locking a client into a package that is not working.

Can hypnotherapy help with weight loss? Hypnotherapy for weight loss typically works by addressing the underlying habits and emotional triggers behind eating patterns, rather than functioning as a diet plan on its own. At Hypnotherapy 4 Freedom, weight related sessions combine hypnotherapy with coaching techniques to help build sustainable change over a course of Harley Street based sessions. Results vary between individuals depending on the specific pattern involved.

Can hypnotherapy help with overthinking? Hypnotherapy can help calm the kind of repetitive, anxious mental chatter often described as overthinking by working directly on the nervous system's stress response. Hypnotherapy 4 Freedom's approach in London combines clinical hypnotherapy with NLP techniques aimed at interrupting these automatic thought patterns rather than only addressing the surface level worry. Many clients booking anxiety focused sessions describe overthinking as one of their main concerns.

What can hypnosis not do? Hypnosis cannot make someone act against their own will, erase memories, or cure a physical medical condition on its own. Hypnotherapy 4 Freedom is clear about this during every free consultation, positioning hypnotherapy as complementary support that works alongside a client's own motivation and, where relevant, alongside existing medical care rather than replacing it. Being upfront about these limits is part of setting honest expectations from the first phone call.

Do doctors recommend hypnotherapy? A number of doctors and health professionals recognise hypnotherapy as a useful complementary option for specific issues such as anxiety, IBS and habit change, alongside conventional treatment. Hypnotherapy 4 Freedom encourages clients to keep working with their GP or specialist throughout, and Stuart Downing's training includes EMDR and clinical hypnotherapy specifically suited to working alongside other forms of care. It is not typically positioned as a first line medical treatment on its own.

Which is better, CBT or hypnotherapy? Neither approach is universally better, since CBT and

hypnotherapy work in different ways and suit different people and different issues. Hypnotherapy 4 Freedom's blended approach, combining clinical hypnotherapy with NLP and coaching techniques, is designed to be tailored to the individual rather than applying one fixed method to every client walking through the Harley Street clinic's door. Some clients benefit from combining structured talking therapy with hypnotherapy rather than choosing only one. Why is hypnotherapy sometimes viewed with scepticism? Hypnotherapy's association with theatrical stage hypnosis has left many people unsure what a genuine clinical session actually involves. Hypnotherapy 4 Freedom addresses this directly during the free consultation, explaining clearly what a session at 1 Harley Street actually looks like, a calm, guided conversation rather than anything resembling a stage act. Clients remain fully aware and in control throughout, which tends to surprise people expecting something quite different.