



NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website www.northamptonclinic.com or call 01604 632232

Ella McCrystal



Ella McCrystal is Principal Psychotherapist/Clinical Hypnotherapist and owner of The Northampton Clinic.

She has over a decade of experience and is quickly able to get to the root of her client's issues.

Ella is caring and patient as well as being committed to helping her clients reach their goals.

Ella uses a dynamic approach and in particular combines CBT (Cognitive Behaviour Therapy), Hypnotherapy and NLP (Neuro Linguistic Programming).

Issues Ella can help with include (but not limited to) Anxiety Disorders, Depression, Trauma/PTSD (Post Traumatic Stress Disorder), Grief and Loss, Anger, Weight Loss/Disordered Eating, Stopping Smoking, Phobias and much more.

Ella offers a 30 minute FREE Consultation.