



NORTHAMPTON CLINIC – THERAPIST BIO

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

Ella McCrystal



Ella is a qualified, insured and accredited hypnotherapist. Her approach to therapy is honest, caring and patient and she is committed to helping her clients obtain their goals and of course their passion in life.

Ella will be able to help you with a wide range of issues including, weight loss and disordered eating, stopping smoking, overcoming a phobia, dealing with anxiety and stress...and much, much more.

The range of tools that she uses in any one session are drawn from her training and experience in clinical hypnotherapy, creative personal development techniques and psychotherapy & counselling. She uses CBT, (cognitive behavioural therapy) NLP, (neuro linguistic programming) and many other therapeutic tools, to complement her Hypnotherapy.

Ella offers a FREE initial consultation.