

## Jennifer Palmer

Jennifer Palmer Dip C.H. RMA SCH MASTA Jenny is a Clinical Hypnotherapist, Registered P.S.H. Therapist and a Certified Hypnobirthing Practitioner. Jenny has worked from the rooms of the R.E.A.D. Clinic for over 10 years. What is P.S.H.? If a habit or behaviour cannot be changed by an act of conscious will, the PSH is the therapy choice, releasing offending negative emotion to achieve permanent positive change in symptoms, conditions and behaviours, to enable you to gain self-esteem, confidence, control and improve performance. Private Subconscious-mind Healing (P.S.H.) is a truly effective subconscious-mind therapy that is rapidly becoming the most sought after form of help for problems that are based in the subconscious mind. P.S.H. aims specifically at resolving the original subconscious cause of a presenting problem, without the client or therapist having to have a conscious awareness of what that is, and eliminating it permanently rather than merely helping the client cope with the symptoms. The difference between P.S.H. and other approaches is that it is not an invasive method which calls upon clients to relive traumatic experiences nor does the therapist need to delve into a client's history, rather it is done privately, gently and quickly within the client's inner mind. Hypnobirthing We would never run a marathon without at first having some training and yet most of us approach childbirth with 'a let nature take its course' attitude. Jenny is akin to a personal childbirth coach. Several sessions of hypnosis leading up to the birth assist in teaching the mother to work with her body during the labour, delivery and post natal stages. Jenny also includes the partner in this process. Childbirth can then become a positive experience for all involved. Jenny is highly respected amongst the midwife fraternity and is often called upon to lecture groups of parents-in-waiting.