

# Step-by-Step Guide: How A typical Hypnotherapy Session Is Conducted

To ensure you feel prepared and comfortable, here is an overview of how each hypnotherapy session is structured. Our approach is designed to create a safe and supportive environment while fostering personal growth and lasting change.



**Ready to start your journey ? Schedule a consultation with Su Tawana today!**

+65 9883 3808



[www.holisticpsychotherapy.sg](http://www.holisticpsychotherapy.sg)

@ enquiry@holisticpsychotherapy.sg



Grandlink Square  
511 Guillemard Rd  
#03-08, S(399849)

**HOLISTIC**<sup>®</sup>  
Psychotherapy Centre