



# ABI SANDERS



INTEGRATIVE  
HYPNOTHERAPY

*Helping women quiet the noise,  
reset their nervous system  
and create meaningful  
change from the inside out.*



FOR WOMEN IN HULL &  
ONLINE ACROSS THE UK





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YOUR GUIDE TO CALM, CLARITY  
AND LASTING CHANGE

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*You don't have to keep  
holding everything together alone.*





# WELCOME



*You don't have to keep  
holding everything  
together alone.*

I'm Abi, an integrative hypnotherapist passionate about helping women quiet the noise, reset their nervous system, and create meaningful change from the inside out.




Whether you're feeling overwhelmed, stuck, anxious, or simply ready for something more — I'm here to help you find calm, clarity and confidence in yourself again.



A SAFE SPACE. REAL SUPPORT.  
LASTING CHANGE.





# ABOUT INTEGRATIVE HYPNOTHERAPY

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*Whole person. Lasting change.*

Integrative hypnotherapy looks at the whole person — not just symptoms.

By combining evidence-based hypnotherapy with tools from neuroscience, NLP, CBT, mindfulness and nervous system regulation, sessions are designed to create lasting emotional and behavioural change.



#### Whole-Person Approach

We explore the root causes, not just the surface-level symptoms.



#### Evidence-Based Tools

A blend of proven therapies tailored specifically to you.



#### Mind & Body Connection

We work with your nervous system to support deeper, sustainable change.



#### Empowering & Supportive


A safe, compassionate space to help you feel seen, heard and understood.



#### Designed for Lasting Change

Helping you create new patterns, build confidence and move forward.

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This isn't about "fixing" you.

It's about helping you reconnect with yourself, understand the patterns underneath the overwhelm, and feel calmer, safer and more in control again.

“

*When we understand the why behind our patterns,  
we can finally create the change we've been craving.*

---





WHAT IS

# INTEGRATIVE HYPNOTHERAPY?



*A natural state. Powerful change.*

Hypnotherapy is a gentle, collaborative therapy that uses guided relaxation, focused attention and positive suggestion to help you access your subconscious mind.

It's a natural state we all experience every day — like when you're daydreaming, driving on autopilot or losing yourself in a good book.

In this calm, focused state, your mind is more open to insight, healing and positive change — helping you break unhelpful patterns, shift limiting beliefs and create lasting transformation.

*You're in control.*



## HYPNOTHERAPY MYTH-BUSTING



### Works with your mind

Hypnotherapy works with your subconscious mind to create positive, lasting change.



### Evidence-based

Backed by research and widely used to support many emotional and behavioural challenges.



### Relaxed, not asleep

You'll be deeply relaxed, but always aware and in control.



### Tailored to you

Sessions are personalised to your unique goals, needs and experiences.



### Safe and supportive

A non-judgemental space where you can feel seen, heard and supported.

*It's not about changing who you are.*

*It's about becoming more of you.*



MYTH

01



**I'll lose control.**

**TRUTH:** You are always in control. You can choose to accept or reject any suggestion.

MYTH

02



**I'll be made to do something against my will.**

**TRUTH:** Hypnotherapy is not mind control. You remain aware and empowered.

MYTH

03



**I'll be clucking like a chicken!**

**TRUTH:** That's stage hypnosis for entertainment — not therapy!

MYTH

04



**It's like being asleep.**

**TRUTH:** You're in a deeply relaxed state, not asleep. You can hear everything.

MYTH

05



**It's only for weak-minded people.**

**TRUTH:** It takes strength and courage to invest in yourself and make change.

Hypnotherapy is a tool for change.

You are the one in charge of your transformation.



*When the mind is calm, the body relaxes.  
When the body relaxes, change becomes possible.*



A SAFE SPACE.  
REAL SUPPORT.  
LASTING CHANGE.



## WHY WE STAY STUCK



*It's not a lack of willpower.  
It's your nervous system trying to protect you.*

When life feels overwhelming, our brains and bodies adapt to keep us safe. Over time, this can lead to patterns that keep us stuck — even when we know we want change.

These patterns aren't a sign of weakness.  
They're your mind's way of coping.

The good news? You can create new ones.  
Hypnotherapy helps you understand the root causes and gently rewire the habits, beliefs and responses that are holding you back.



### *Common reasons we stay stuck*



**Automatic survival patterns**  
Your brain is wired to keep you safe, not necessarily happy.



**Fear of change**  
Change can feel unfamiliar, risky or uncomfortable.



**Past experiences**  
Old wounds and experiences can shape how you see yourself and the world.



**Habits & routines**  
What once served you may now be keeping you small.



**Limiting beliefs**  
Deep down beliefs about who you are and what you deserve.



**Overwhelm & stress**  
Chronic stress keeps your nervous system on high alert, making change harder.

### — THE IMPACT OF STAYING STUCK —



Overwhelm  
& anxiety



Low energy  
& burnout



Self-doubt  
& overthinking



Disconnect  
from yourself



Feeling trapped  
or unfulfilled



### YOU DESERVE MORE THAN JUST COPING.

You deserve to feel calm, confident, and in control of your life.  
Not someday. Now.



*Let's create change that lasts*



*You can't reach a new future  
with the same mind that created the old one.*



UNDERSTAND.  
SHIFT. HEAL.  
MOVE FORWARD.



# HAPPINESS, EMOTIONAL REGULATION & THE *Nervous System*



THE FOUNDATION OF LASTING CHANGE

True, lasting change isn't just about thinking differently. It's about feeling safe enough in your body to live differently.

When we understand how happiness, emotional regulation and the nervous system all work together, we can create meaningful change from the inside out.



## HAPPINESS



*Happiness isn't just a feeling.  
It's a state we can create.*

Happiness comes from within. It's shaped by our thoughts, beliefs, self-worth, relationships, daily habits and how we interpret the world around us.

When we shift our inner world, we naturally attract more joy, purpose and fulfillment.



When this is nurtured, you feel:

- More motivated
- More connected
- More confident
- More you



## EMOTIONAL REGULATION



*Emotions are not the problem.  
Dysregulation is.*

Emotional regulation is the ability to understand, process and respond to your emotions in a healthy way.

When we're regulated, we feel calmer, think more clearly, and respond instead of react. Life feels more manageable.



When this is nurtured, you feel:

- Calmer and more in control
- Less overwhelmed
- Better at managing stress
- More resilient



## THE NERVOUS SYSTEM



*Your nervous system is your  
internal safety system.*

It's designed to keep you safe, but when it's stuck in stress mode, you can feel anxious, exhausted, burnt out or on edge.

When we support and regulate the nervous system, everything changes.



When this is nurtured, you feel:

- Safer in your body
- More relaxed
- More energy
- More capacity for joy

“

When happiness, emotional regulation and the nervous system are in balance, you stop surviving and start thriving.

*This is where real transformation begins.*

”





# HABITS, PATTERNS & CHANGE

*Why we stay stuck –  
even when we want to change.*

Most habits are not simply about willpower.

They're often linked to emotional regulation, stress relief, safety, comfort, routine, or survival responses your nervous system has learned over time.

Whether it's smoking, vaping, emotional eating, overthinking, people-pleasing, or self-sabotage — the brain begins to associate certain behaviours with relief.

Over time, those behaviours become automatic patterns.

Hypnotherapy works by helping you gently interrupt those patterns at a subconscious level — creating space for calmer responses, healthier habits, and lasting change.

*Hypnotherapy can help you:*

- ♥ Understand emotional triggers
- ♥ Break repetitive behavioural loops
- ♥ Regulate stress more effectively
- ♥ Create healthier coping strategies
- ♥ Build new subconscious associations
- ♥ Feel more in control again



GENTLE SUPPORT. DEEP CHANGE.  
LASTING FREEDOM.



UNDERSTAND.  
HEAL.  
MOVE FORWARD.



# HOW CHANGE HAPPENS



*Lasting change begins  
from within.*







Change isn't about forcing or fixing. It's about understanding what's happening beneath the surface — and gently creating new possibilities.

When we work with your subconscious mind, emotions, and nervous system, we're able to shift old patterns and replace them with choices that truly support the life you want.

You don't have to do it alone. With the right tools, support and guidance, change becomes not only possible — it becomes natural.

*Change happens when we*



-  Raise awareness of hidden patterns
-  Release old emotional and behavioural blocks
-  Rewire the subconscious mind
-  Regulate the nervous system
-  Strengthen new, empowering beliefs
-  Take aligned action with confidence



“

*You already have everything within you  
to create the change you're craving.  
You just need the space to access it.*



NEW MIND.  
NEW CHOICES.  
NEW POSSIBILITIES.  
NEW YOU.





FEATURED PROGRAMME



# CALM Quit 30

A gentler way to stop  
smoking or vaping.









CALM Quit 30 is a private 1:1 hypnotherapy and emotional regulation programme designed for women who are ready to stop smoking or vaping — calmly, safely, and sustainably.

This approach goes deeper than willpower alone.

Because for many women, smoking or vaping isn't just about nicotine. It becomes tied to stress, emotional overwhelm, routine, comfort, identity, and nervous system regulation.

Together, we gently break those patterns and create lasting change without shame, pressure, or punishment.

## INSIDE THE PROGRAMME

-  Hypnotherapy sessions
-  Emotional regulation support
-  Habit & trigger work
-  Nervous system tools
-  Identity & mindset shifts
-  Ongoing guidance throughout the 30 days

“

You don't need more discipline.  
You need support that works with your nervous system, not against it.



INVESTMENT



£450

Payment plans available.



# WHAT SESSIONS WITH ME FEEL LIKE



*A calm, supportive space for real change.*

Every session is tailored to you. There's no pressure to "perform," relive everything, or have all the answers.

This is a space where you can slow down, feel heard, and begin understanding yourself differently — without judgment.

Together, we gently explore the patterns, emotions, beliefs, and nervous system responses that may be keeping you stuck.

Many clients describe sessions as:



calming



grounding



empowering



emotional



clarifying



deeply relieving

You remain fully aware and in control throughout hypnotherapy.

My role is simply to guide and support you — helping you reconnect with the calmer, more confident parts of yourself that already exist within you.

*Clients often leave sessions feeling*



- ♥ Lighter emotionally
- ♥ Calmer physically
- ♥ More mentally clear
- ♥ More connected to themselves
- ♥ More hopeful about change
- ♥ Deeply supported



“  
You don't need to be 'fixed.'  
You need the right environment  
to feel safe enough to change.  
”



A SAFE SPACE.  
REAL SUPPORT.  
LASTING CHANGE.









# MY INTEGRATIVE APPROACH



*Supporting lasting change –  
emotionally, mentally and physically*

True change rarely comes from one single technique. That's why my work combines hypnotherapy with nervous system regulation, behavioural understanding, emotional support, mindset work, and evidence-based approaches that look at the whole person — not just the symptom.

## TOGETHER, WE EXPLORE:

-  subconscious patterns
-  emotional triggers
-  stress responses
-  beliefs & identity
-  behavioural habits
-  nervous system regulation

My approach is calm, collaborative, compassionate, and tailored entirely to you.

*There is no 'one-size-fits-all' healing.*

Every session is designed to help you feel safe, supported, empowered, and capable of creating meaningful change in a way that feels sustainable — not overwhelming.

*My work is*



Integrative



Compassion-led



Evidence-based



Tailored to you



Nervous-system informed



Designed for lasting change



*Healing isn't about becoming someone new.  
It's about reconnecting with who you already are  
beneath the survival patterns.*



WHOLE PERSON.  
WHOLE HEALING.  
LASTING CHANGE.





# READY TO BEGIN?



*You don't have to keep doing this alone.*

Whether you're feeling overwhelmed, emotionally exhausted, stuck in old patterns, or simply ready for change — this is your invitation to come back to yourself.

Integrative hypnotherapy is designed to support lasting change gently, safely, and compassionately.

Together, we create calm.

We rebuild confidence.

And we create meaningful change from the inside out.



1:1 Integrative Hypnotherapy



Online across the UK



Anxiety, habits & emotional wellbeing



CALM Quit 30 support



## ABI SANDERS

*Integrative Hypnotherapy*

Hull & Online Across the UK

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

[contact@abisanders.co.uk](mailto:contact@abisanders.co.uk)



*Scan to visit my website*



“

You don't need fixing.  
You need support that helps you  
feel like yourself again.



REAL SUPPORT.  
LASTING CHANGE.  
A LIFE THAT FEELS  
LIKE YOU AGAIN.

