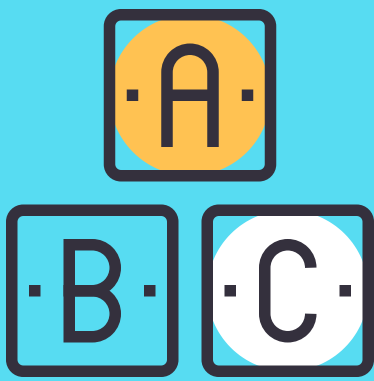


Cognitive Behavior Hypnotherapy (CBH)

- 101 -



WHAT?

Cognitive Behavioural Hypnotherapy (CBH) is an evidence-based therapy that combines Cognitive Behavioural Therapy (CBT) and Hypnotherapy to provide an effective integrative therapy.

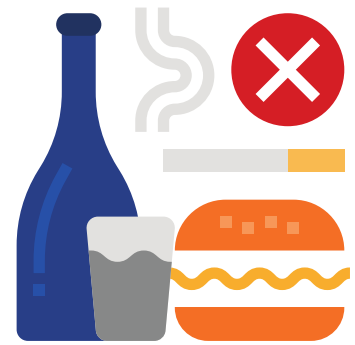
WHO?

Suitable for adolescents, and adults who want to use their thinking and imagination to achieve their therapy's goal.



HOW?

Learn to recognize and re-evaluate the unhelpful thinking habits.



Learn problem-solving skills to cope with a challenging situation.

Learn to have better self-control and self-confidence.



Disclaimer:

All content on this infographic is for informational purposes only. It is not a replacement for clinical treatment or advice.