



Lisa-Marie was cured of her phobia after just three hypnotherapy sessions

## ‘Hypnosis cured my fears and gave me my life back’

**Lisa-Marie Ingamells, 34, lives in London with husband Phillip. She suffered with her fear of heights for 10 years**

It came on suddenly – I was out for a walk on my own, and to get home I had to cross a motorway bridge. I’d never had any problems with heights before, but as soon as I was on the bridge I was consumed with fear. I had something like a mild panic attack – my heart was thumping, my head was racing, and my legs felt so heavy I couldn’t move them. It took all my willpower to make it home. Phillip and I laughed it off, but deep down I was so afraid of ever feeling like that again. Then a few weeks later, my dad took me to the theatre in London. We were sitting in the upper dress circle, a very steep area high above the stage, and I was terrified I’d fall.

After that, I avoided situations that might set off my phobia – I wouldn’t even use the escalator in department stores. Day by day, other areas of my life became more difficult, and I realised I’d have to do something about it. A friend told me she once had hypnotherapy, and as it was something I was interested in, I looked up practitioners on the net and made an appointment with a therapist called Monica Black.

### Conquering the fear

In my first session I was in a very deep hypnotic state, so much so I was crying as Monica helped me reveal the extent of my fear. During the second session, Monica talked me through coping mechanisms and helped me understand my fear was irrational, giving me the confidence to test my limits.

My third and final session was a trip to John Lewis, where we spent the whole time riding the escalators – the shop assistants were very suspicious! But it gave me a thrill to get on the escalator and know I wouldn’t break out into a sweat.

I’m still getting used to the fact that I’m not afraid of heights anymore, but I’d definitely recommend hypnotherapy to others – all you need is an open mind.

Visit [hampsteadhypnotherapy.com](http://hampsteadhypnotherapy.com)

