



Mind For Life

I am a Psychotherapist and Hypnotherapist teaching people how to release their experiences from the past to discover the magic of the moment then guide them to create their future.

I am trained to use many different processes and techniques because we are all different and what works for one person does not necessarily work for another.

The core of the therapeutic practice is a unique process that I have developed and used since 2003 called Dynamic Thought Transfer (DTT) Process. I teach clients the DTT process, and from that foundation, the change begins, and all the other healing processes that are taught build the magic that is you.

I work with individuals, couples and families, helping to heal the past, find solutions to personal issues and resolve conflicts, teaches clients how to meditate and then how to hypnotise themselves to change their behaviour - a skill that can be used for life. This is achieved using Brainwave Entrainment Techniques. The Mind For Life Hypnotherapy and Psychotherapy programmes are enjoyable, cost effective, and work. I am available to give talks and presentations.

Talks are interactive and use a digital projector and computer to deliver. The talks can be tailored to suit specific topics of interest, however, usually likes to start with 'How your mind and body constructs the thoughts and beliefs that create your behaviour.' This is a general introduction to how the human mind body relationship determines health and wellbeing.

Talks are delivered around many health subjects including addiction, fear, anger, anxiety, confidence, depression, weight control and how to meditate. The talks can be from 20 minutes through to an hour or longer if required.

Please see the innovative and motivational books to help people change their life:

- Direction of Travel: The Journals
- Trapped In Amber
- Enki's Story... The Beginning
- Your Past Does Not Equal Your Future
- Why You Should Lose Your Mind To Lose Your Weight

When is it on?

Time of day	Morning Afternoon Evening
Session information	Monday to Friday 9.00am - 5.00pm Saturday morning by appointment only

Who to contact

Contact name	Dr Gordon F Gatiss
Telephone	01207 593 679
Website	www.mindforlife.co.uk

Where to go

Name	9 Hexham Gardens
Address	Moorside Consett County Durham
Postcode	DH8 8LQ

Other details

Special offers to Children and Young People's Network (CYPN) Members Yes

CYPN members get the following benefit(s): Anyone who is or has been in the armed services receives 50% discount.

Local Offer

Local Offer description Wheelchair access and parking available.

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Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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