

One Client's Experience Overcoming a Flying Phobia at Harley Street

A marketing manager in her thirties, living in south London, had avoided flying for almost a decade before she booked hypnotherapy in London at Hypnotherapy 4 Freedom, having turned down two international work opportunities and a close friend's overseas wedding rather than face a fear that had only grown stronger the longer she avoided it. A colleague who had used hypnotherapy for a different issue mentioned Stuart Downing's Harley Street clinic, and she called for a free consultation more out of desperation than confidence it would actually help. The initial phone call focused on understanding exactly what the fear centred on, which turned out to be less about crashing specifically and more about the loss of control that came with being confined in a small space with no way to leave partway through. This distinction mattered, since it meant sessions could focus directly on that underlying fear of confinement and control rather than a more generic fear of flying script that might have missed the actual issue entirely. Over a course of several sessions combining hypnotherapy and NLP, the [hypnotherapist in central London](#) work focused on breaking the automatic panic response tied to the idea of boarding a plane, alongside practical grounding techniques she could use during an actual flight if anxiety started building despite the preparatory work. She described the sessions themselves as far less dramatic than she had expected, closer to a deeply relaxing conversation than anything resembling stage hypnosis.

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With a friend's wedding in Portugal on the calendar and a genuine deadline attached, she booked her sessions with several weeks to spare before the flight, which she credits with giving her enough time to properly settle in rather than rushing through a compressed timeline. She flew to Portugal, attended the wedding, and has since taken two further flights without the years-long avoidance that had defined her relationship with air travel for the previous decade. Her experience reflects a pattern common among clients booking fear of flying focused hypnotherapy in London sessions, a specific, well-defined fear, a genuine deadline that motivated the timing of the work, and a result measured concretely by whether the flight itself actually happened, rather than a vaguer sense of feeling somewhat better. Client accounts like this one are shared with permission and described in a way that protects individual privacy, since confidentiality remains central to how Hypnotherapy 4 Freedom operates regardless of whether a client's story is later shared as an illustrative example. Details that could identify a specific individual are generally adjusted or omitted for exactly this reason, while the substance of the experience, the fear, the approach taken, and the outcome, remains representative of the kind of work actually done at the Harley Street clinic. Hypnotherapy 4 Freedom | 1 Harley Street, London W1G 9QD, United Kingdom | +44 7825 599340

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FAQ About Hypnotherapy in London

How much does hypnotherapy cost in London? Prices vary between practitioners and clinics across the city, often depending on location, experience and session length. Hypnotherapy 4 Freedom offers a free 30 minute consultation before any paid session, so cost and a realistic session plan can be discussed openly before committing to anything. Sessions are progress led rather than sold as a fixed package, so the total number needed depends on the individual issue being addressed.

Is hypnotherapy available on the NHS? Hypnotherapy is generally treated as a complementary therapy rather than a standard NHS treatment, so most people access it privately. Hypnotherapy 4 Freedom, based at 1 Harley Street, works alongside a client's existing GP or specialist care rather than replacing it. Anyone already under NHS care for a mental health condition is encouraged to keep that relationship in place while exploring hypnotherapy as additional support.

What conditions can hypnotherapy treat? Hypnotherapy is commonly used for anxiety, stress, sleep problems, phobias, stopping smoking and other habits, and building confidence, among other issues. At Hypnotherapy 4 Freedom, sessions also cover more specialist areas such as OCD, PTSD and trauma, addiction, and weight management, drawing on clinical hypnotherapy, NLP and EMDR depending on what the individual client needs. A free consultation call is the best way to discuss whether a specific issue is a good fit for this kind of work.

Is hypnosis safe? Hypnosis is generally considered safe when carried out by a properly trained and insured practitioner. Stuart Downing at Hypnotherapy 4 Freedom is a Clinical Hypnotherapist and Master Practitioner of NLP with full professional indemnity insurance, working from a private consulting room on Harley Street. Clients remain aware and in control throughout a session, contrary to the loss of control often portrayed in stage hypnosis.

Who is not suitable for hypnotherapy? Hypnotherapy is not usually recommended for people experiencing active psychosis or certain severe mental health conditions without medical oversight. Hypnotherapy 4 Freedom's free 30 minute consultation is used partly to screen for this, ensuring hypnotherapy is a suitable and safe option before any paid session is booked at the Harley Street clinic. Where it is not suitable, clients are pointed toward more appropriate support instead.

What are the disadvantages of hypnotherapy? Hypnotherapy is not a guaranteed quick fix, and results depend on the individual, the issue being addressed, and how many sessions are genuinely needed. Hypnotherapy 4 Freedom is upfront about this during the free consultation, setting realistic expectations rather than promising a fixed outcome from a single session. Sessions are reviewed for progress along the way, so the approach can be adjusted rather than locking a client into a package that is not working.

Can hypnotherapy help with weight loss? Hypnotherapy for weight loss typically works by addressing the underlying habits and emotional triggers behind eating patterns, rather than functioning as a diet plan on its own. At Hypnotherapy 4 Freedom, weight related sessions combine hypnotherapy with coaching techniques to help build sustainable change over a course of Harley Street based sessions. Results vary between individuals depending on the specific pattern involved.

Can hypnotherapy help with overthinking? Hypnotherapy can help calm the kind of repetitive, anxious mental chatter often described as overthinking by working directly on the nervous system's stress response. Hypnotherapy 4 Freedom's approach in London combines clinical hypnotherapy with NLP techniques aimed at interrupting these automatic thought patterns rather than only addressing the surface level worry. Many clients booking anxiety focused sessions describe overthinking as one of their main concerns.

What can hypnosis not do? Hypnosis cannot make someone act against their own will, erase memories, or cure a physical medical condition on its own. Hypnotherapy 4 Freedom is clear about this during every free consultation, positioning hypnotherapy as complementary support that works alongside a client's own motivation and, where relevant, alongside existing medical care rather than replacing it. Being upfront about these limits is part of setting honest expectations from the first phone call.

Do doctors recommend hypnotherapy? A number of doctors and health professionals recognise hypnotherapy as a useful complementary option for specific issues such as anxiety, IBS and habit change, alongside conventional treatment. Hypnotherapy 4 Freedom encourages clients to keep working with their GP or specialist throughout, and Stuart Downing's training includes EMDR and clinical hypnotherapy specifically suited to working alongside other forms of care. It is not typically positioned as a first line medical treatment on its own.

Which is better, CBT or hypnotherapy? Neither approach is universally better, since CBT and

hypnotherapy work in different ways and suit different people and different issues. Hypnotherapy 4 Freedom's blended approach, combining clinical hypnotherapy with NLP and coaching techniques, is designed to be tailored to the individual rather than applying one fixed method to every client walking through the Harley Street clinic's door. Some clients benefit from combining structured talking therapy with hypnotherapy rather than choosing only one. Why is hypnotherapy sometimes viewed with scepticism? Hypnotherapy's association with theatrical stage hypnosis has left many people unsure what a genuine clinical session actually involves. Hypnotherapy 4 Freedom addresses this directly during the free consultation, explaining clearly what a session at 1 Harley Street actually looks like, a calm, guided conversation rather than anything resembling a stage act. Clients remain fully aware and in control throughout, which tends to surprise people expecting something quite different.