



Feeling
Stressed?
Anxious?
Depressed?

For an effective solution to many
emotional and behavioural problems

Call Nigel on 0161 881 4333 Now

Or visit www.manchester-psychotherapy.co.uk

Confidential & Caring Service

Integrative Psychotherapy, Counselling, NLP, Life Coaching,
Stress Management, Ecotherapy & Advanced Hypnotherapy





Therapy and coaching can help you with many emotional and behavioural issues. Examples of just a few of the more commonly dealt with issues are shown below.

Anxieties & Fears	Depression	Stress
Panic Attacks	Relationship Issues	Confidence
Self Esteem	Public Speaking	Addictions
IBS	Insomnia	Eating Habits
Life-long issue	Lacking direction	Eating Disorders
OCD	Habits	Anger
Self Development	Peak Performance	Goal Setting
Motivation	Study & Memory Skills	And more...

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Since 2002 Nigel Magowan has run his own busy full-time Solution-Focused Integrative Psychotherapy, Life Coaching, NLP and Hypnotherapy, practice in Chorlton, South Manchester. He combines all his skills and experience to produce a treatment that is tailored to your unique personal needs.

He has received specialist training in working with addictions, anger management, treating IBS, controlling pain, stress management techniques, psychopathology, ethical practice, human development, and Ecotherapy. Nigel is also a fully trained and accredited supervisor and an Approved Anxiety UK Therapist.

He is a full member of the Community for Contemporary Psychotherapy (MCCP); a senior member of the General Hypnotherapy Register (SQHP, GHR), a full member of the Hypnotherapy Association; a professional member of the Association for Neuro-Linguistic Programming (ANLP); a Therapist Member of Anxiety UK; a member of the UK Register of IBS Therapists; and a UKCP Candidate in Training.

All treatment is carried out privately on a one-to-one basis, in a highly constructive, relaxed, supportive and non-judgemental environment. Nigel also holds a recent Enhanced CRB Certificate.

