

Gwyneth Moss MA

Gwyneth Moss is a skilled therapist who has helped many people to get free of emotional problems and anxieties and to enjoy life more. We are all unique and the art and science of helping people lies in matching effective and practical mind-body techniques such as hypnosis, NLP and Emotional Freedom Technique to the needs of the individual.

My approach is to recognise that we are all unique and therefore that therapy techniques must be blended and matched to work for each individual. I love to work with EFT because it uses the person's own words, get lasting results and teaches an empowering tool to continue to use after the session.

EFT has been a valuable addition to my practice for years and I can't imagine being without it. I have run EFT workshops, with excellent feedback, many times.

Having completed a rigorous practical and written exam I am now one of only a few trainers in the UK with EFT Status. I am a fully qualified Human Givens Psychotherapist Programming and Therapeutic Hypnosis. As an EFT trainer I am certified by the AAMET.

www.emotional-health.co.uk