

# Ursula James

The Premier Hypnotherapy Practitioner and Teacher in the UK



## Meet Ursula James

Ursula is a **Visiting Teaching Fellow** at **Oxford University Medical School** and is **honorary lecturer** at both **St George's Medical School, London** and **Barts and The London Medical School**. With her company — Thames Medical Lectures — she lectures at twelve UK medical schools including Oxford and Cambridge.

She is a **Patron of Anxiety UK** and the **National Centre for Domestic Violence (NCDV)**. She is also a **Foundation Member of the Academy of Medical Educators** and we are pleased to announce that she is the new **Alpro Soya Wellbeing Expert**.

As well as teaching clinical hypnosis at the medical schools, she also teaches modules in personal development skills (including stress management and goal setting), and a unique course in communication skills for medical practitioners.

Ursula has written the first textbook for medical practitioners in clinical hypnosis, the **Clinical Hypnosis Textbook**. Her second book **How To Be Amazing – Transform your life with hypnosis** (Random House) was released in January 2007 and her latest book **You Can Think Yourself Thin** (Random House) was released in June 2008.

She has appeared on **This Morning** treating phobias using hypnosis; on **Woman's Hour** on BBC Radio 4 talking about trichotillomania, and has been interviewed for various newspapers and countless magazines.\* She has a regular slot on LBC's **Jim Davis Show**, and her TV series, **Sex, Lies and Hypnosis**, where she uses hypnotherapeutic techniques to help couples understand their relationships with themselves and their partners, was broadcast on **Channel 5** in the summer of 2007.

Ursula is a highly qualified and experienced clinical and medical hypnotherapist. She uses her skills to help patients stop smoking, lose weight and tackle phobias and obsessive compulsive disorders and to work through relationship issues. She has a special interest in working with self-harm. Her approach is highly motivational, and her clients include some familiar names, particularly in the sporting arena.

Born in Sheffield, she travelled widely before settling in London where she then studied for her first degree at the University of London. She is currently carrying out PhD research into the effect of altered states on cognition and the bio-medical markers of stress.

She is evangelical in her desire for the clinical applications of hypnotherapy to be better known, and, as far as success is concerned, she uses hypnosis to be successful herself – she believes that you have to practice what you preach. In the last two years she has set up three successful companies, written and published three books, presented her first TV series... oh, and got married!

Ursula says *"Nothing focuses the mind like success, and nothing helps you achieve it like*

*\*Details on these and all the other items mentioned in this biography can be found on the Ursula James website ([www.ursulajames.com](http://www.ursulajames.com)).*