

# Ursula's instant treatment saved patient's marriage

by Bill Gibb

**THE** prospect of a relaxing break on one of Europe's smartest ski slopes should have prompted delight.

For one woman, though, the idea sent chills down her spine. She had a terrible fear of flying and getting to those slopes seemed impossible.

Worried about a furious reaction from her husband, she headed for top hypnotherapist, Ursula James.

"The woman came to me just 18 hours before the flight," explained Ursula. "She said her husband had booked it as a surprise and, as things stood, there was no way she was getting on the plane."

"She told me that she needed to make the trip — or her marriage was over."

"Fear and excitement produce the same physical reaction. So what I had to do was convince her that the butterflies and the sweaty palms were simply as a result of her anticipation and excitement of the trip."

## Terrified

"I obviously only had a limited time with her, but she left with a changed attitude."

"Previously, she'd been so terrified, she couldn't have made the flight. But it was different now."

"The next I heard from her was a postcard from the slopes of Val d'Isere, just saying, 'I'm so excited to be here. Thank you!'"

The response is typical of those which Ursula receives.

A regular on ITV 1's *This Morning* and set to feature in a new Channel Five programme, *Hypnoconfessional*, Ursula is one of the UK's best-known hypnotherapists, and has helped thousands of patients with scores of different conditions.

Stopping smoking and losing weight are the most common, but Sheffield-born



Ursula James.

Ursula, who lectures at both Oxford and Cambridge Universities, deals with much more.

She has had the undying gratitude of women who've tried every desperate measure to have children, without success.

"Working with women who have infertility problems can be hugely satisfying," added Ursula.

"In many cases, they've literally done everything they can think of and have often gone through IVF treatments. Some are still having that, but that just adds more pressure to what's already a very stressful situation."

"There's a high emphasis on it working. But if you're uptight and anxious, the body becomes hostile to change and, if you're not pregnant, it maintains that."

"What I do through hypnosis is to help reduce that stress, help them to focus, and give them motivation."

## Suggestions

"It's a case of reducing the tension, easing the pressure, and making clear in each session exactly what it is they need to do."

"That's the thing about the suggestions you're making during hypnosis. You're only being told what you already know. The hypnotism simply acts as an amplifier and translator."

"I've had so many women getting in touch to tell me how they'd become pregnant when they'd almost given up all hope."

"I also work with sportsmen and women to help them focus. I had one athlete who was a consistent champion as an amateur but, when she turned professional, she started coming second all the time."

"It wasn't physical, it was mental, because of the pressures of sponsorship. I worked with her to relieve those pressures and get her to focus on winning races again. And that's just what she started doing."

# ... AND SHRANK JANE'S TUMOUR

A ROUTINE medical check-up gave Jane Hampton the news everyone dreads — "You have a tumour."

But the Surrey woman avoided the surgery she feared by turning to Ursula and hypnotherapy.

A face-to-face sessions plus self-hypnosis at home led to the unsightly and painful growth shrinking away to nothing in just three months.

"I was shocked when they told me I had a

tumour," said Jane. "It was right out of the blue, and they said they'd spotted at least one, maybe more, tumours on the right lobe of my thyroid."

"I saw my GP, who referred me to a specialist, and the decision at that stage was to leave and monitor it."

"Such cysts were almost always non-malignant, but you couldn't be 100 per cent sure."

"Within a short time, it was twice the size, about four centimetres in

diameter. It was such a big lump in my neck that I could see people looking at it and wondering what it was."

## Took control

"I felt so self-conscious, I used to wear roll-neck sweaters to try to hide it. And when I swallowed, I would feel a sharp stabbing pain."

"The speed and size of the growth concerned doctors, and they said they'd operate to remove the right lobe of the thyroid."

"I was worried about being left with an underactive thyroid."

"I met Ursula and asked her if there was anything she could do to help."

"I had sessions with her and she also taught me self-hypnosis, which I tried to use every day for about 20 minutes."

"It was about putting myself into a state where I took control of the tumour."

"I had a picture of a normal, healthy thyroid, and I would imagine mine the same way."

"The progress was remarkable. Almost daily, you could see it shrinking."

"I would sit in my bed getting ready and, when I looked across at myself in the mirror, I could see it getting smaller. Other people could also see it shrinking almost in front of them."

"My doctor was amazed, but I was so positive about the outcome, so sure it was going to work, that I wasn't surprised hypnotherapy had taken my tumour away."

# Hypnotism cured my daughter of self-harm horror

**I** HAVE a typical teenager, who's sometimes moody, often happy and, frankly, just normal.

But that's something I couldn't have said just a few months ago. Nicola, who's 14, was aggressive, had a constant scowl on her face, and was always sad and miserable.

She made herself sick after meals and, worst of all, she was actually gouging her arms in desperate acts of self-harm.

But now, everything has changed, thanks to a hypnotherapy session with Ursula James which, overnight, gave me back my daughter.

Nicola's the second oldest of my eight kids, and she took it worst of all when their dad moved out five years ago.

Any couple splitting up will have an effect on kids, but it had been a troubled, abusive relationship, and a judge eventually ruled that their dad was to have no access.

Nicola was especially angry and bitter and, when she saw him in the street about 18 months ago, she became totally hysterical and started hyperventilating.

## Lonely girl

The whole thing left her traumatised, and her entire manner changed.

She was verbally aggressive and wouldn't come near me. She didn't want me to touch or hold her. She wouldn't let me cuddle her.

Getting her to eat was a nightmare as she felt she was fat and, when she did eat, she'd make herself sick.

It was all down to a self-image which was always negative. After all she'd been through, she was a sad, lonely girl.

Then she started coming home from school with cuts all over her arms, where she'd been stabbing herself with the points of a compass.

When I asked her why she'd hurt herself like that, she just said she felt frustrated and it made her feel better.

How unhappy must you be to think that?

## MUM'S OWN STORY BY SAMMY SCHAAD

It was a vicious circle which was getting worse and worse and, frankly, I couldn't see any way out. She'd had counselling, but it would only work if she wanted to go — and she didn't.

I really felt like I'd lost my daughter, my beautiful girl had gone from me forever.

I work as a practice nurse at a GP's surgery near Romford, in Essex and, about three years ago, I'd seen a hypnotherapist, Ursula James, who does some sessions there.

At the time, I was seeking help to stop eating chocolate bars. With her calm, reassuring manner, she prompted a diet and lifestyle change which didn't just stop me eating chocolate, I lost five stones in weight.

So, at my wits' end, I asked whether she might be able to do something for Nicola — and what a wonderful difference she has made.

## Private

Nicola had just one session in November, and she was a changed girl from the moment she was hypnotised.

When she walked out, the aggressive girl had gone.

Obviously, what goes on is private, but Nicola has said that Ursula made her feel more confident.

She made her feel OK about not wanting to see her dad, while saying it was fine to change her mind about that in the future.

The transformation was just stunning. Instead of the aggressive scowl, her beautiful smile is back.

She wants a cuddle again. And if she's upset about something, it passes in no time.

Thanks to Ursula, she's just a normal teenager — and I love that to bits!

● As told to  
Bill Gibb



Nicola and Sammy.