

# Faster Therapy Launches New Online Therapy Initiative in Cardiff to Address and Overcome Fear of Change

CARDIFF, UNITED KINGDOM, May 15, 2024 /EINPresswire.com/ -- In a pioneering move to combat metathesiophobia—the fear of change—Faster Therapy announces the expansion of their online therapy services in Cardiff, tailored to assist individuals in managing and overcoming their anxieties related to life transitions. This initiative comes in response to increasing recognition of the impact of fear on mental health and everyday functioning.

Fear of change is a natural human response, characterised by a desire for stability and predictability. However, when this fear escalates, it can lead to severe anxiety, panic attacks, and hinder personal growth and professional opportunities. Understanding this, Faster Therapy's expanded services focus on providing accessible, flexible, and effective therapeutic support.

**Mental Health Professionals at the Forefront:** At Faster Therapy, clinical psychologists and talk therapists are ready to help individuals explore the underlying causes of their fear, challenge negative thought patterns, and devise practical coping strategies. These professionals specialise in recognising and addressing the roots of fear, whether stemming from personal, professional, or social aspects of one's life.

**Emphasis on Positive Self-Talk and Support Systems:** The initiative also highlights the importance of positive self-talk and a robust support system in managing stress and enhancing overall well-being. Through group therapy sessions and one-on-one consultations, therapists will guide clients in cultivating a supportive network and nurturing positive dialogue within themselves.



Faster Therapy Logo

**Innovative Use of Hypnotherapy:** Recognising the unique effectiveness of hypnotherapy in accessing the subconscious mind, Faster Therapy integrates this technique to reframe negative thoughts and alleviate irrational fears associated with change. This method is particularly beneficial for those experiencing intense fear or anxiety, promoting relaxation and a focus on positive change.

**The Future—A Realm of Possibilities:** With a forward-looking approach, Faster Therapy encourages viewing the future as a realm of possibilities rather than a source of fear. The online platform allows clients to access therapy services from the comfort of their homes, ensuring that help is readily available for anyone needing to navigate life's transitions smoothly.

**When to Seek Help:** Faster Therapy advises anyone experiencing significant distress or disruption in daily life due to fear of change to seek professional help. Their tailored therapy options are designed to meet individual needs and help clients approach change with confidence and resilience.

**About Faster Therapy:** Based in Cardiff, Faster Therapy is committed to providing effective, accessible mental health services. Their online platform is designed to make professional help available to a wider audience, promoting mental health and well-being across the community.

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