

Faster Therapy Introduces Specialised Hypnotherapy for Anger Management

CARDIFF, UNITED KINGDOM, June 14, 2024 /EINPresswire.com/ -- Faster Therapy, a leading provider of online therapy and havening techniques, announces the launch of their specialised hypnotherapy program for managing anger. Under the expert guidance of therapist Adam Lazarou, this program aims to help individuals understand and control their anger through a combination of therapeutic techniques and deep relaxation.



Hypnotherapy for Anger Management

Understanding Anger

Anger is a natural and common emotion that can drive individuals to take action and release pent-up emotions. However, frequent or poorly managed anger can become destructive, affecting both mental and physical health. The amygdala, a part of the brain responsible for identifying threats, often triggers anger before the rational cortex can process the situation, leading to impulsive reactions.

The Physical Impact of Anger

Anger can trigger a variety of physical responses, including:

Faster heartbeat

Tense muscles

Clenching fists

Tightness in the chest

Increased body temperature

Nervousness and irritability

Prolonged anger can lead to serious health issues such as chronic headaches, digestive problems, insomnia, anxiety, depression, high blood pressure, skin conditions like eczema, and an increased risk of heart attack and stroke. It can also strain personal relationships and social interactions.

The Root of Anger

Many people do not realize that anger is often a secondary emotion, masking deeper feelings such as disappointment, fear, and stress. Recognising and addressing these underlying emotions is crucial for effective anger management.

[Hypnotherapy for Anger](#) Management

Adam Lazarou emphasises the effectiveness of hypnotherapy in addressing the root causes of anger. The specialised program at Faster Therapy combines talking therapy with deep relaxation techniques, allowing clients to enter a trance-like state where the subconscious mind can be accessed and examined.

Through hypnotherapy, clients can:

Change negative thought patterns

Develop healthier reactions to anger triggers

Establish effective coping strategies

This approach helps clients gain control over their negative thoughts, react to situations more beneficially, and build positive behavioral templates using guided imagery.

About Faster Therapy

Faster Therapy specializes in online therapy, including hypnotherapy and havening techniques, catering to clients worldwide. The goal is to help individuals manage stress and anger, build resilience, and improve overall mental well-being through personalised and accessible therapy sessions.

Contact Information

For more information or to schedule an initial consultation, please visit Faster Therapy or contact:

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This press release highlights the introduction of Faster Therapy's hypnotherapy program for anger management, emphasizing the importance of addressing the root causes of anger and promoting overall mental well-being through accessible online therapy services.

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This press release can be viewed online at: <https://www.einpresswire.com/article/720139798>

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