

Sirkka Hypnotherapy Brings Holistic Healing to Sydney

Sirkka Hypnotherapy brings Holistic approach to integrating Hypnotherapy and Strategic Psychology together with Neuroplasticity and Brain Training

SYDNEY, NEW SOUTH WALES, AUSTRALIA, September 29, 2025 /EINPresswire.com/ -- Sirkka

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We believe lasting change begins from within. Our goal is to empower every client to achieve balance, clarity, and wellbeing through personalised hypnotherapy and strategic psychological techniques.”

Hazbo Skoko

[Hypnotherapy](#) brings Holistic approach to integrating Hypnotherapy and Strategic Psychology together with Neuroplasticity and Brain Training, a unique approach in therapeutic wellness, today announced the opening of its Sydney practice. Located in Waterloo, the practice offers personalised hypnotherapy sessions designed to help clients address challenges such as anxiety, stress, smoking cessation, and weight management.

With a foundation in Gordian and Neo Ericksonian clinical hypnotherapy, Sirkka combines modern techniques with traditional approaches to create safe and effective

programs. “Our mission is to make hypnotherapy accessible, compassionate, and results-driven,” said Hazbo Skoko, Founder of Sirkka Hypnotherapy. “We’re excited to welcome the Sydney community and support individuals seeking meaningful, lasting change in their lives.”

The opening comes at a time when more Australians are turning to holistic therapies as natural alternatives to conventional treatments. Sirkka Hypnotherapy’s programs are tailored to individual needs, offering both in-person and virtual sessions to accommodate different lifestyles.

Clients begin with an initial consultation to explore personal goals, after which a customised plan is developed. Areas of focus include stress management, improved sleep, smoking cessation, weight loss, and other health and wellness concerns where hypnotherapy has shown proven benefits.

For more information or to book a consultation, visit sirkka.io or contact the practice directly.

About Sirkka Hypnotherapy

Sirkka Hypnotherapy is dedicated to empowering clients through transformative healing and

clinical hypnotherapy. With an emphasis on professionalism, compassion, and measurable results, the practice helps individuals unlock their potential and improve overall well-being.

Hazbo Skoko

Founder

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