

British Society of Medical & Dental Hypnosis (Scotland) *



“Anxiety, Phobias & Depression”

A workshop with

Dr Pat McCarthy



Sunday 22nd April 2018

The House for an Art Lover

10am – 4pm

(Coffee & registration from 9.30 am)

We are delighted to welcome Dr. Pat McCarthy as our guest speaker to the prestigious House for an Art Lover, set in the lovely surroundings of Bellahouston Park in Glasgow.

There will be a cost of **£75** for teas/coffees & lunch which will consist of soup of the day and Chefs selection of sandwiches and wraps.

More information from Office Secretary mail@bsmdhscotland.com

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A little bit about Pat McCarthy

1980	Qualified as a doctor Glasgow University
1980-84	Trained as a GP
1984-86	Worked as medical officer in St John's Mission Hospital Mzuzu Malawi
1986	Came to New Zealand and worked in Oncology
1987	Entered General Practice in Waikanae
1991	Began training in hypnosis
1994-6 1998-9	President NZ Society of Hypnosis
1994 till present	International Keynote speaker every year since then
1996	Began NZ's first Medical Hypnosis practice in Wellington

Has taught hypnosis in NZ, Australia, Scotland, England, France, USA, Canada and in 2018 will teach in Denmark, Norway Germany Canada and USA

Author of Relax: Say Goodbye to Anxiety & Panic and Quit: Say Goodbye to Smoking.

Inventor of the Magnifying Glass metaphor, The Special Place of Bliss
The Glasgow Bouncer (AKA 4F) Attributional style in 30 minutes
The two photographs metaphor, Vimbuza Cure
The Intake for Anxiety, Obstetric hypnosis using phenomenology, The Teapot test, Maternal factors that influence gender and a host of other techniques