

# Richard J D'Souza Hypnotherapy Cardiff

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The Therapy Centre, 33 The Parade, Roath, Cardiff, South Wales, CF24 3AD  
cardiff, United Kingdom CF243AD  
United Kingdom

Phone: 02920304653

I am a senior NHS registered Hypnotherapist for Hypnotherapy Cardiff. I'm specialized in depression, anxiety, stress, panic attacks, phobias, weight loss, and stop smoking treatments. My practice in therapy is based on the strong belief that we have the potential to transform our experience. This can be achieved by using the inner resources within our minds. Hypnotherapy is an effective method that can help access these resources and empower the individual to achieve their full potential.

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