

Carole Nyman BA MHGI
Registered Member of the [Human Givens Institute](#)



As a Human Givens Therapist, I can help you to:

- Have more loving connection
- Have less stress
- Have more sense of certainty in life
- More validation
- Lift depression
- Resolve Anxiety Attacks, Phobias and Traumatic Memories

As a Human Givens Therapist, I will help you discover how to find within you all the skills you need to get more of what you most need in life.

Everyone needs security, attention, connection to others, yet when we feel down, it's natural to withdraw from other people and stop doing the things you used to enjoy.

If you are stressed, either your sleep may be suffering or you may be waking up feeling exhausted. Come and discover how to relax and start enjoying deep restful sleep.

Then we will look into finding ways for you to solve your problems in new and empowering ways, feel more self-confident and independent.

You will be able to solve your problems in new and empowering ways.

[Contact Me](#)