

## About Changez Charity.

The use of complementary and alternative medicine (CAM) is recognized and increasing across the developed world and includes a large range of therapies for the mind and body. Some of these therapies and treatments are better known, accepted and respected and used more widely than others. Of these therapies we aim to promote the potentially significant benefits these can offer.

We provide confidential, impartial and non-judgemental support for those experiencing and suffering feelings of distress, emotional despair or suffering trauma. Big or small, if you are worried about something, feeling upset or confused, or just need someone to talk to we can offer relief through counselling, guidance and therapy.

Our main focus is on Counselling / Psychotherapy/Clinical Hypnotherapy and other Complementary and Alternative Medicine services. We also have a knowledge base on proven and accepted CAM and therapies which are there to assist people who feel that these may help them.

We embrace worldwide best practice in this field of treatment.

## How Changez could assist you.

**I B S**

**Stress**

**Anxiety**

**Addictions**

**Confidence**

**Depression**

**Weight control**

**Phobias, Fears**

**Panic Disorders**

**Anorexia /bulimia**

**Emotional Trauma**

**Birthing Hypnosis**

**Relationships/Divorce**

**Stress Related Disorders**

**Other Complementary Alternative Medicine (C A M) advise and guidance available.**

### **Mental Health And Well Being Therapies**

**Psychotherapy  
Hypnotherapy  
Counselling**

### **Body Work And General Well Being Therapies**

**Massage Therapies  
Alexander Technique  
Herbal Medicine  
Aromatherapy  
Acupuncture  
Chiropractor  
Homeopathy  
Reflexology  
Osteopathy  
Meditation  
Healing**

**Call  
for more  
Information:**

**020 8404 9374  
www.changez.me.uk  
changezcharity@gmail.com**

## Frequently Asked Questions

### How will you help me?

Changez offers a place for clients, to see an alternative therapist, in a safe and confidential setting, to explore any difficulty they may be having. The service is available to anyone having issues with relationships, addictions, work, isolation, discrimination, abuse, domestic violence, bereavement, depression, trauma (PTSD), self harm, eating disorders etc. as well as less acute mental or emotional problems.

### What will happen in the first session?

You will be seen by one of our therapists who will explore your needs and assess which alternative therapy will best suit you.

### Are your therapists trained?

All Changez therapists are trained. Where and when we do have placements these are supervised in accordance with their specific registers/associations.

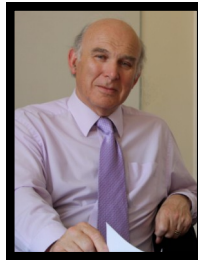
### How much does it cost?

As we are a charity, we do ask you to make a small donation according to your means.

### How do I make an appointment?

Please call us on: **020 8404 9374**

Or email us @: [changezcharity@gmail.com](mailto:changezcharity@gmail.com)



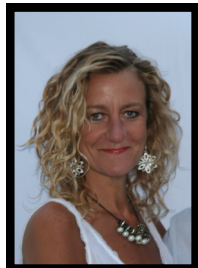
**Patron: Dr Vince Cable MP**

Photo Credited to Dave Angell



**Founder: Alan Piper**  
GHR. HPA. MUFH.

Photo Credited to Winifred Mafe



**Founder: Kate Hudson-Hall**  
Dip.THP (N-SHAP) GHR. SQHP.

Photo Credited to Winifred Mafe



Gift Aid

**The Therapy Charity for  
Psychotherapy  
Hypnotherapy  
Counselling  
Alternative  
Therapy**

**C H A N G E Z**

**Call  
for more  
Information:**

**020 8404 9374**

**[www.changez.me.uk](http://www.changez.me.uk)  
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