

# DAVID KILMURRY

COGNITIVE BEHAVIOURAL HYPNOTHERAPY

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# WHY DAVID KILMURRY?

David is a celebrated CBH psychologist holding senior qualifications and having helped many to achieve success. He uses recognised practical treatments to help his clients gain control and make changes. He is well known for his rehabilitation treatments for survivors of Domestic Violence.

David would describe himself as devout carer who puts his heart into his work with his patients and always works “above and beyond” to go the extra mile and make a difference in peoples lives. He can help anyone from his Private Practice in Coventry or from his prestigious practice at 1 Harley Street, London.

His work has been publicised in the national press and televised in the UK and Abroad. This year David has worked with the BBC and ITV on a number of projects and is now embarking on new programme with Judge Rinder called ‘Judge Rinder Crime Stories’ which airs in June. The programme features professional interviews with David as well as him working with families to help them recover from various hereditary disorders.

Like the majority of us growing up he suffered at the hands of the bullies and became confused and withdrawn. At the age of 8 he began questioning the human mind and without realising started to pay attention to human behaviours. He became sick as a result of the worry about going to school and brought on IBS and stomach ulcers linking mind to ENS enteric nervous system. He later learned to cope with these feelings using the power of the mind and combatted them not letting the feelings control him. Without realising he was using skills that would later help him and his clients later down the line.

David now works in an ericsonian way to deliver bespoke treatments to anybody who needs his help, from people like you and me to high profile celebrities and personalities. Since 2009 he has worked from his immaculate Bridge Surgery and College of Clinical Cognitive Behavioural Hypnotherapy based in Earlsdon Coventry as well as from his London Surgery.

David is recognised for being an ‘all rounder’ and has had major success in treating survivors of major trauma. He has worked with some high profile weight loss clients copyrighting HypnoBypass and Hypno Lipo and Hypnocise in 2010. His work with phobia, addiction and somatic illness has been highly documented in the press. He has a passion to halt and raise awareness of the insidious nature of coercive control and the devastation left as a result of Domestic Violence. He maintains that he will always stay grounded and be human and treats each client as if they were his first. A friendly and lighthearted person who is passionate about making changes.



# TESTIMONIALS

## SHEA PAREKH

Shea Parekh a dad of 4 from Coventry approached David for help after his £1,000 amonth cannabis habit finally became too much for him and his family. He was struggling to buy food for his wife and children as he spiralled into more and more debt with his drug habit.

Shea Parekh, from Radford, said he was spending about £12,000 a year on a strong version of cannabis known as 'cheese weed'.

He said: "I'd spend about £200 to £250 a week on it. I'd smoke about an ounce a week because if it was there I'd just smoke one after the other.

"I was scrimping and scraping for food even. I didn't want to see my friends, I didn't even want to speak to them.

"I was just thinking 'where am I going to get my next spliff from'. I was thinking if I didn't get a spliff I wasn't going to go home, things like that.

"If I didn't have it I was taking it out on the kids and taking it out on Trish."

Sensing he had a problem, Shea contacted David but the impact was far more dramatic than he imagined. After one session with David his life changed and he finally quit!

Shea's cannabis habit had a huge impact on his health and sapped his energy. But since quitting he has taken his children on days out and plans to treat his wife with a trip to Paris.

He has also signed up to take part in the 2016 Coventry Half Marathon after rediscovering his passion for running.

David Kilmurry said: "Shea called to thank me for the changes that had happened to him, I am very proud of being able to help people dynamically with the hypnosis and the way that change can occur when the mind is clear and calm is phenomenal I will never expect it to happen and always be proud when it does.

"I am really proud of Shea taking to the suggestions and a little choked up about the positive effects it has had on his beautiful children and partner."





## ZOE DRONFIELD

Zoe Dronfield came to the private practice for treatment in March 2014 after being viscosly attacked by her former partner. Her story has been highly documented in the national press and on television.

David helped the highly courageous mother of two come back from the depths of despair following life threatening injuries and the alienation of her youngest child due to a miscarriage of justice. David worked tirelessly with Zoe to help her develop her memory she lost during the attack and restore her confidence over a number of weeks and months.

With David's support Zoe faced fear head on and heroically gave evidence against her attacker in court with the judge finding him guilty and finally sentencing him to 14 years in prison.

Zoe has now gone on to become one of the UK's leading speakers on Domestic Violence and regularly attends local and international events. Zoe has now returned to work and has also set up a Domestic Abuse Charity making several steps towards her recommendations being discussed in parliament, highlighting the issue of Domestic Abuse and hopes that her work will help and protect other mums and families in the future.



## RICHARD SAVAGE

Richard Savage from Birmingham came in presenting insomnia but after speaking to David he admitted his issues were a lot deeper. Richard had always suffered with anxiety and subsequent stress related conditions from a very young age. David wanted to help him conquer all these issues and knew he could make a difference.

Richard nervously came in and had his first session with David thinking that this would be the first of many in his battle against anxiety and stress related conditions. But amazingly after just one session Richard seemed to turn the page and finally open a new chapter in his life. His anxiety finally slipped away and the mantra of Calm took over.

He is now using his energy to promote well being of others and highlight prejudices that people suffer everyday. David said "Richard is a truly beautiful person that deserves respect for his biblical battle against societies 'normal expectations' and judgmental people, we support his 'Reflections Campaign' which you can find on Twitter and Facebook and look forward to reading his book that he is currently writing about his life."



## BLAIRE LEAHY

Blaire Leahy from Coventry a loving mum of two has finally ended her long battle with insomnia. After being worried about her lack of sleep Her partner suggested hypnotherapy as she was increasingly relaying on sleeping tablets just get a couple of hours sleep.

Blaire had gone through a traumatic birth with her first child and this had left her with PTSD which developed into full blown insomnia which meant she had not had a proper night sleep for over four years. She approached David after reading a story about him in 'Take a Break Magazine' hoping he could help her. After a couple of sessions with David she finally began to developed a normal sleep pattern and couldn't wait to tell her friends and family that she had finally made it through a full week without sleeping tablets.

Since the story appeared in the national press the Coventry and London practices have been inundated with enquiries for arachnophobia and now insomnia and this has led to a massive increase in bookings. Sufferers of insomnia are in and out of 'hypnogogic' state not fully awake or asleep, hypnotherapy and CBT combined are a known cure to increase the depth of sleep and the awareness when awake.



## SARAH WEATHERILL

Sarah Weatherill approached David for help after becoming addicted to Red Bull energy drinks and cigarettes. Sarah wanted to put a stop to the addiction and had heard hypnotherapy could help her do this.

David knew that if he worked with her and focused on reframing and CBT he could help her adopt a view on the maintenance of the addiction.

In order to adapt to the addiction there must be a high level of self dialogue to maintain and justify the addiction, in Sarah's case Red Bull was being consumed at a harmful rate. Combined with smoking cigarettes she only had to do the maths to realise that things needed to change before it affected her health long term.

After one two-hour treatment and some relaxing reframing hypnotherapy Sarah threw away her last packet of cigarettes and knew that she was never going to buy another Red Bull again.



DAVID KILPATRICK

# CHANGE YOUR MIND

HOLDS THE SECRET TO REFRAME AND CONTROL A MULTITUDE OF ANXIETY OR STRESS INDUCED ILLNESSES AND DISEASES

