

Ursula James

The Premier Hypnotherapy Practitioner and Teacher in the UK



Meet Ursula James

Ursula is a **Visiting Teaching Fellow** at **Oxford University Medical School** and with her company, Thames Medical Lectures, she lectures at eleven UK medical schools including Oxford and Cambridge. She is currently carrying out **PhD** research into the effect of altered states on cognition and the bio-medical markers of stress.

She is a **Patron of Anxiety UK** and the **National Centre for Domestic Violence (NCDV)**. She is also **Chair of the Medical School Hypnosis Association (MSHA)** which is the only association in the UK to actively promote research into clinical hypnosis and she is a **Foundation Member of the Academy of Medical Educators**.

As well as teaching clinical hypnosis at the medical schools, she has also taught modules in personal development skills (including stress management and goal setting), and a unique course in communication skills for medical practitioners.

Ursula has written the first textbook for medical practitioners in clinical hypnosis, the **Clinical Hypnosis Textbook** (now in its second edition). Her second book **You Can Be Amazing – Transform your life with hypnosis** (Random House) was released in January 2007 and **You Can Think Yourself Thin** (Random House) was released in June 2008. Her most recent book **The Source - A Manual of Everyday Magic** (Random House) was released in the UK in March 2011 and is due to be published in eight other countries including Japan and the USA.

She has appeared on **This Morning** treating phobias using hypnosis; on **Woman's Hour** on BBC Radio 4 talking about trichotillomania, and has been interviewed for various newspapers and countless magazines.* She regularly appears on **Macaulay and Co** on Radio Scotland and her TV series, **Sex, Lies and Hypnosis**, where she uses hypnotherapeutic techniques to help couples understand their relationships with themselves and their partners, was broadcast on **Channel 5** in the summer of 2007.

Ursula is a highly qualified and experienced clinical and medical hypnotherapist. She uses her skills to help patients stop smoking, lose weight and tackle phobias and obsessive compulsive disorders and to work through fertility and relationship issues. Her approach is highly motivational, and her clients include some familiar names, particularly in the sporting arena.

She is evangelical in her desire for the clinical applications of hypnotherapy to be better known, and, as far as success is concerned, she uses hypnosis to be successful herself – she believes that you have to practice what you preach.

Ursula says *"Nothing focuses the mind like success, and nothing helps you achieve it like hypnosis"*.

**Details on these and all the other items mentioned in this biography can be found on the Ursula James website (www.ursulajames.com).*