

Ben Houghton Therapies

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About Me



Hi there! I'm Ben, a Hypnotherapist, Reiki practitioner, and Regression therapist. It might help for you to know a little about my journey before you decide whether you'd like to work together to overcome the biggest emotional, spiritual, and physical challenges in your life.

At age 11, having been a healthy young lad with a football more or less permanently glued to my feet, I became unwell and faced many years of isolation, depression, and significantly limiting physical symptoms and disability. While my symptoms have fluctuated over the years – even granting me a few years of close to 'normal' life in my late teens and early 20s – I have faced over two decades of this tough reality.

This journey has had an upside. It pushed me at a young age to look within myself and beyond the material world for wisdom, answers, and truth. Having been born with psychic and mediumistic skills and raised by a respected reiki master and an exceptional medium, I began to develop my mediumship and healing skills in a formal setting at the age of 16. I have since been exposed to and trained in several healing modalities.

My passion above all else is getting to the absolute root of a problem with my clients – facing the truth, no matter how challenging – and using the power of our eternal souls and spirit teams to heal issues at the source. It is for this reason that I emphasise Regression therapy (inner child, current life, and past life) in my practice. As an avid practitioner of hypnotherapeutic, shamanic, and psychodynamic techniques, I love seeing the empowerment and lasting changes that come from this work. I can say from my own experience of facing my traumas and issues head-on that it is a journey well worth taking.

Outside of my therapy practice, I am a scholar and consultant on issues relating to human rights and international security. I live in County Durham with my wife and our Golden Retriever. I have lived in Reading, Exeter, and Jordan, and I speak fluent Arabic, something that has opened many important doors in my spiritual and personal journey.

I hope our paths cross soon and that you'll trust me with the next stage of your journey of discovery and healing.

Ben

Services & Pricing

This page details the services that I offer and their respective time commitments and prices. For further information, please see the individual page for each service.

Service	Price	Session Length
Hypnotherapy	£75	1 hr 15 mins
Reiki	£60	1 hr
Regression Therapy (Past Life, Current Life, Inner Child)	£150	2hrs 30 mins
Spiritual Guidance	£75	1 hr 15 mins
Between Lives Spiritual Regression*	£250*	5 hrs*
Spirit Release	£90	1 hr 30 mins

* It is a requirement to have experienced a Past Life Regression session before undertaking a Between Lives Spiritual Regression (BLSR) session. A Past Life Regression session and subsequent BLSR session can be booked as a package at a discounted rate (£340). Please see the [packages](#) below.

Packages & Discounts

For sessions booked with me in-person, via email, and over the phone, I offer packages and discounts that I do not currently offer on my website. Please see below for available packages and discounts. If you are unsure about anything or would like to make a special request for a package or discount, please reach out to me via email.

Packages

Packages must be requested at the point of booking and cannot be activated subsequent to a session. Website bookings are not eligible for packages. Discounts cannot be applied to these packages.

Package	Total Price
1x Hypnotherapy session 1x Regression session 1x Hypnotherapy session	£240 (£60 saving)
1x Past Life Regression session 1x Between Lives Spiritual Regression session	£340* (£60 saving)
4x Hypnotherapy sessions	£250 (£50 saving)
6x Reiki sessions	£300 (£60 saving)

*It is a requirement to have experienced a Past Life Regression session before undertaking a Between Lives Spiritual Regression session, so this is ideal for most BLSR clients.

Discounts

Discounts must be activated at the point of booking. Website bookings are not eligible for retrospective discounts. Discounts cannot be applied to packages.

Eligibility	Discount	Notes
Students	10%	Valid for all services. Must be able to present college/university card upon request.
Pensioners	10%	Valid for all services.
Members of Ben's home circles	20%	Valid for all services. Eligible for up to 3 months since last circle attendance
Former Regression Therapy clients	10%	Valid for Between Lives Spiritual Regression sessions only.
Current students of the Past Life Regression Academy	20%	Valid for Regression Therapy only until graduation.

Hypnotherapy

Hypnotherapy is a reliable and natural technique for engaging with the subconscious mind, empowering clients to overcome a multitude of challenges. By merging both the conscious and subconscious mind to collaborate as a singular powerful force, the mind can positively influence our feelings in any given context. It is especially powerful at helping clients to overcome internal conflicts that hold them back from achieving their potential.

In a state of focused relaxation, the mind is able to overcome profound challenges through a series of suggestions and advanced techniques. The successful applications of hypnotherapy are extensive, and it can be used to treat a wide variety of issues, including but not limited to:

phobias; fear of flying; sleep problems; low confidence; weight management; exam stress;
smoking; low motivation; relationship issues

Why choose hypnotherapy with me?

Sessions with me are highly bespoke to each individual. I adapt sessions to each client's individual needs and draw upon advanced techniques, including Parts Therapy, Regression Therapy, Body Therapy, and Emo Trance, thereby working with each person in a transpersonal way that incorporates their physical, emotional, and spiritual aspects. Whether an issue has a deep emotional source or simply requires a gentle nudge, I have the advanced skills required to help you overcome whatever is holding you back and achieve your potential.

I approach hypnotherapy differently to many practitioners, as I use client-centred techniques, all of which involve active participation (usually by speaking) from the client. While hypnotically-delivered scripts are powerful, client-centred sessions allow a far deeper and personal experience to deal with issues at their root.

Please note that for deep and lasting change clients typically require between 3-6 sessions.

Session Length	Price
1 hr 15 mins	£75

Reiki

Reiki is about using universal life force to bring natural healing to clients. Reiki sessions involve the channelling of healing energy through the practitioner's hands into the client.

Reiki is an exceptionally soothing and tranquil healing practice that significantly contributes to clients' overall wellbeing in a holistic and natural manner. The stagnant energy resulting from our contemporary lifestyles can lead to an imbalance, which may adversely affect our entire energy system, causing stress, anxiety, fatigue, illness, and sleep disturbances. Reiki aids in clearing blockages and restoring balance to the entire system.

Reiki sessions provide a profoundly relaxing experience in which the client remains completely dressed, laying down. I channel energy using either a hands-on or hands-off method depending on the specific issue and the preferences of the client.

Sessions with me sometimes include hypnotherapeutic elements, wisdom channelling, and other healing and relaxation techniques aimed at bringing harmony to clients' minds, bodies, and souls. Reiki has a cumulative effect, meaning that repeat sessions are advised for maximum impact. It works effectively alongside other therapies that I offer and is especially beneficial soon after regression therapy appointments to settle the system after such a profound shift.

Session Length	Price
1 hr	£60

Regression Therapy (Past Life, Current Life, Inner Child)

We all carry wounds from the past. Whether brought by our soul into this incarnation from a past life or stemming from our childhood or past in this life, the source of debilitating thoughts, emotions, and symptoms is usually found in our lived experience.

Regression therapy is an incredibly powerful tool that involves going to the original source of undesirable emotions, physical symptoms, and relationship issues - whether that be in the current life or a past life - and resolving them. In a hypnotic trance, clients explore these memories and are then guided through a series of healing activities to resolve the energetic, physical, and emotional charge of traumas. Drawing on hypnotherapeutic, shamanic, spiritual, and psychodynamic techniques, regression therapy heals deep issues and paves the way for profound healing in our daily lives.

Many clients have experienced profound transformation from regression therapy, overcoming the pain and emotional charge from many types of traumas from past and current life, including sexual traumas, childhood abuse, bereavements, relationship loss, and illness. I advise clients to be open to all types of regression therapy because we often do not know the source of symptoms consciously, but if you would specifically like to explore a particular aspect (e.g. inner child or past life), please let me know in the client form after you book your session. Multiple sessions drawing on all three core types of regression therapy are advised to overcome challenging symptoms and emotions, but life-changing transformation can come from a single session in some cases.

Session Length	Price
2 hrs 30 mins	£150

Spiritual Guidance

Navigating life's challenges can be tough. Each of us is on a unique journey, and life does not grind to a halt when issues arise. Whether you're facing an acute obstacle or are seeking answers to longer-term issues, spiritual guidance sessions are about finding solutions and a way forward that aligns with your goals and value system.

In these sessions, I use a variety of techniques to empower clients to find their own solutions to issues in their life. Whether channelling wisdom, using psychic and mediumistic skills, or employing advanced hypnotherapy techniques (such as Parts Therapy), I help clients to resolve internal conflicts, to find their power amid hardship, and to draw on universal wisdom. Each session is unique and guided by your individual needs and beliefs.

I believe very strongly in the need for clients to be empowered to find their own solutions. The guidance that I provide is about unlocking tools and parts within the client to reach their goals and overcome challenges. That is not to say that I am a bystander – I actively engage with my team of spirit guides and my clients' guides, and I am continuously inspired by them in my line of questioning and the techniques I use. In particular, I help clients to access their higher self, their guides, and their subconscious to overcome internal conflicts, to access their highest wisdom, and to integrate the findings into pragmatic and sustainable solutions for the real-world. Each session is unique, so the best way to find out if it is for you is to give a session a try.

Sessions can be useful as a one-off or on an occasional basis. Many clients find that their experience of spiritual guidance inspires them to engage in regression therapy or to enjoy frequent reiki sessions that are combined with spiritual guidance and hypnotherapeutic aspects.

Session Length	Price
1 hr 15 mins	£75

Between Lives Spiritual Regression

Between Lives Spiritual Regression (BLSR) sessions offer an unparalleled opportunity to explore your soul's journey, to gain insight into your life, and to connect deeply with your higher self. Alternatively known as Life Between Lives Regression, BLSR sessions are about exploring where the soul resides between incarnations (and indeed where the higher self resides at all times).

BLSR is ideal for those that desire answers to the big questions in life, such as "Why am I here?", "Am I on the right path?", and "Why did that challenging thing happen to me?". The session offers a chance to access the spiritual realms, to meet your soul group, to talk with spiritual elders, and to explore your life and soul's journey from a higher perspective. Clients find these sessions to be incredibly profound and often leave with a greater sense of peace and clarity in their lives.

For those suffering from particular emotional challenges at present, it may be better to book in for a Regression Therapy session or to seek alternative therapies before embarking on the BLSR journey. BLSR sessions are more about gaining perspective and wisdom than seeking a therapeutic outcome in relation to a particular symptom. Please get in touch if you are not sure which therapy is best for you right now.

Important Note:

Please note that all BLSR clients are required to have experienced a past life regression session before their BLSR session. This is to ensure that they are able to reach the appropriate trance depth and that any blockages are cleared prior to the session. A prior regression session is not included in the price below, but I do offer a [package](#) deal.

Please note that BLSR sessions can only be booked via phone or email. The 5 hours are divided between two sessions. The first session is usually 1.5 hours in length, and the second is usually 3.5 hours in length.

Session Length	Price
5 hrs (across 2 sessions)	£250

Spirit Release

Spirit release is the clearing of intrusive energies from the body and energy field. Sessions involve being induced into a light hypnotic trance followed by various techniques to release these energies, which can include persistent thought forms, ancestral energies, unresolved trauma, discarnate spirits, and psychic attacks.

After clearing intrusive energies and healing clients' hooks or vulnerabilities, the session turns to improving clients' energy management going forward. I provide a series of activities and techniques to support clients in managing their energy and protecting themselves energetically in various walks of life. Occasionally, a separate, entirely optional but recommended, session is needed for energy management training.

If I believe that Spirit Release is appropriate for the client and that there are no contraindicators for treatment, there are a number of possible approaches. The first port of call is to induce the client into a light trance. Following this, I use several techniques to clear the energy, either through the use of hypnotherapy or energy work. Sessions tend to vary depending on how this part proceeds, sometimes requiring Regression Therapy, Parts Therapy, Reiki, or other techniques to be used.

Session Length	Price
1 hr 30 mins	£90

Cancellation Policy

If you have booked an appointment within the last 14 days, you have the right to a full refund if you change your mind and wish to cancel. The only exception to this is if the appointment is due to take place within the next 24 hours of you wishing to cancel. Cancellation of appointments within 12 hours of the session will incur a fee of 50% of the full session price. Missed appointments without notice are charged at 100% of the full session price.

To cancel your appointment, please contact me via email or via text message. My contact details are available on each page of this document. Please start your message with "CANCELLATION". Alternatively, please download the below Model Cancellation Form available on my website and fill it out, returning it to me via email or post (8 School Avenue, Coxhoe, Durham, DH6 4EB).

Please note that I reserve the right to cancel appointments (with a full refund given to the client) without explanation if I believe there are any contraindicators for treatment present.