

Darren Carter Hypnotherapy 135 [anxiety hypnotherapist Berkshire](#) Five Star Reviews Wokingham Berkshire The more than 135 five-star Google reviews that Darren Carter Hypnotherapy has accumulated represent one of the strongest reputations in private clinical hypnotherapy across Berkshire and the surrounding region. These reviews come from real clients who have worked with Darren across the full range of conditions he treats, including anxiety, addiction, phobias, insomnia, smoking cessation, confidence, and related concerns. The consistency and specificity of the feedback across the reviews reflect a practice where genuine, lasting change is delivered reliably. Clients describe Darren as warm, professional, and genuinely caring about outcomes. Recurring themes in the reviews include appreciation for the time he takes to understand each person's situation before beginning clinical work, the reassurance he provides in advance of sessions to clients who are nervous or sceptical, the effectiveness of the hypnotherapy itself, and the practical value of the recordings provided for use between appointments. Several reviewers note specifically that Darren goes above and beyond what they expected, including being available by phone or email to answer questions between sessions. The breadth of the review subjects is also notable: former smokers who have remained smoke-free for years after a single session, anxiety sufferers who describe finding a quality of peace they had not experienced for decades, and phobia clients who are now able to do things that previously seemed completely impossible are all represented in the review record.

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Darren Carter Hypnotherapy is based at Suite 13 Markham House, 20 Broad Street, Wokingham RG40 1AH and offers both in-person and online sessions. To experience the quality of care reflected in these reviews, call 07562 745 578.

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