

Katy Perry causes a surge in hypnotherapy enquiries to get over ex partners

Submitted by: Kin Communications2

Tuesday, 11 June 2019

- Harley Street Hypnotherapist Adam Cox has experienced a 500% increase in enquiries
- Katy Perry's newly released song 'Never Really Over' includes the lyric "I guess I could try hypnotherapy, I gotta rewire this brain"
- To keep his daughter happy, Adam Cox is offering Katy Perry a free hypnotherapy session.

Harley Street hypnotherapist Adam Cox and founder of 'Addiction Experts' was shocked to discover the reason behind him receiving so many hypnotherapy enquiries was due to Katy Perry's new single that discusses her contemplating hypnotherapy over obsessively thinking about her ex.

The song by Katy Perry is the UK's highest new chart entry at 13, signalling the end of a two-year solo hiatus and references her struggles with past relationships.

Initially, Cox didn't understand why he was getting so many enquiries about such a specific area until he overheard his 9-year-old daughter playing the song and picked up on the hypnotherapy reference "I guess I could try hypnotherapy, I gotta rewire this brain."

While listening to the song, Cox noticed striking similarities between the feelings Katy echoes and the same feelings patients often seek help for.

"The song is essentially the thought process of thinking about the previous partner and attempting to move on but falling into the pattern of thinking about the past relationship," says Cox. "The lyric in the chorus "I tell myself, tell myself, tell myself, 'Draw the line' And I do, I do But once in a while, I trip up, and I cross the line And I think of you" - is a common pattern as it shows the conflict between the conscious decision to draw the line and move on, but this is easier said than done and many people will experience flashbacks of previous memories or moments with their ex with strong emotional connections which can become addictive."

Adam continues, "The lyric where she admits to checking her ex's name online is also a common theme as many clients admit to following their ex on social media platforms, often anonymously. This compulsive behaviour can cause traumatic new feelings, particularly if their ex is now with someone new."

To celebrate her new single, and win brownie points with his daughter – Cox wants to offer Katy a free Hypnotherapy session to help her rewire her brain before she ties the knot with Hollywood actor Orlando Bloom.

"Katy has helped my practice flourish so offering her free hypnotherapy is the least I could do, says Cox. "I would start by taking a detailed analysis of the issues and what coping mechanisms she uses to get by. Many people can turn to excessive eating or drinking to self-medicate. I'd also see if the emotional attachment to the ex-partner is affecting current relationships as many people try to erase the memory of an ex in a new relationship, unfortunately, if the emotional bond is still with the ex it can negatively affect a new relationship. I'd use a combination of clinical hypnotherapy, NLP and CBT to

help her change her thought patterns or to use her words 'rewire her brain'."

For those unable to directly see Adam, he has also created a free hypnosis audio download for those struggling with an ex and not able to work with him directly.

"As a hypnotherapist based in Harley Street, many people can't afford to work with me. To help as many people as possible I've created a hypnosis download specifically to help people get over an ex priced at just £9.99. I will donate all proceeds to a charity of Katy Perry's choice."

To access the download visit <http://www.addictionexperts.co.uk/addicted-to-an-ex.html>

- Ends -

Notes to Editor:

Adam Cox is available for broadcast or print interviews, is available for radio ISDN interviews and can provide comment upon request. Contact thomas@kincomms.com or amy@kincomms.com or call 020 7717 9696. For more information please visit: <http://www.addictionexperts.co.uk/>

Adam Cox is a fully insured clinical hypnotherapist who qualified with the LCCH, is a member of the BSCH (British Society of Clinical Hypnotherapists) and listed on the GHR (General Hypnotherapist Register) <https://www.hypnotherapy-directory.org.uk/hypnotherapists/adam-cox>

Adam has worked with celebrities and CEO's and is often featured in the UK media.

Sources

<https://www.officialcharts.com/artist/5088/katy-perry/>

<https://genius.com/Katy-perry-never-really-over-lyrics>