



MCGREALCOUNSELLING.COM

PostGrad Training Clin. Hypnosis *Australian Society of Hypnosis*
Dip.Couns. *Australia Institute of Practicing Counsellors*
PostGrad.Dip (Teach) *University of Melbourne*
BBusComm *Monash University*

BRENDAN MCGREAL is a registered private practice Counsellor and Hypnotherapist, offering compassionate expertise to private and funded clients on the Mornington Peninsula. Based at *Frankston Psychology and Hypnotherapy*, Brendan assists people with a diverse range of needs.

Brendan supports clients in many areas, including depression, anxiety, trauma, PTSD, anger, self-esteem and grief and loss. His empathic nature and experience extends to clients of many ages, with specialisation in working with teenagers, men's issues, and behaviour modification.

Brendan has a passion for continual development and knowledge-sharing. He recently conducted group training and education at the 2023 Australian Society of Hypnosis conference in Egypt.

Using Clinical Hypnosis, Brendan assists individuals with anxiety reduction, smoking cessation, weight loss, self-worth improvement, and more. Therapies are tailored to individual needs, empowering clients to overcome their challenges and experience profound personal growth.

Brendan is a member of both the *Australian Counselling Association* and the *Australian Society of Hypnosis* and is deeply committed to maintaining the highest standards of ethical practice and professional excellence.

Prior to his career in counselling, Brendan spent over a decade as a secondary teacher, enriching the lives of students both in London, UK, and in Australia. Brendan has extensive experience teaching various subjects, he served as the Head of the Commerce department for Casey Grammar and Berwick Secondary College. Brendan remains a registered teacher through the *Victorian Institute of Teaching* and is dedicated to the growth and development of minds young and old, achieving the highest quality of your life.

Call or text Brendan on 0447048008 or visit his website www.mcgrealcounselling.com

Brendan McGreal

COUNSELLOR AND HYPNOTHERAPIST

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FRANKSTON PSYCHOLOGY AND HYPNOTHERAPY

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DEPRESSION + ANXIETY + RELATIONSHIPS + HYPNOTHERAPY +
TEENS + TRAUMA + PTSD + ANGER + MEN'S HEALTH +
SELF ESTEEM + GRIEF AND LOSS + ADDICTIONS

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