COMPRIDO HOLISTICS

HIPNÓZIS KÖZPONT

Clinical Hypnotherapy with Balázs Pesti, Clinical Hypnotherapist

Sessions are in English. In Budapest and online via Google Meet.
Through conversation, guided imagery and hypnosis, we explore familiar reactions and practice new responses that fit your goals.

What we can work on together

- Stress, fears, phobias and sleep difficulties
- Self-confidence, self-esteem and self-image
- Managing pressure in public speaking, exams or sport
- Relationship, intimacy and parenting challenges
- Grief, loss and major life changes
- Quitting smoking, changing unwanted habits and discussing concerns about addiction
- Learning to relax and practice self-hypnosis
- Support alongside medical care for coping with pain, managing fertility-related stress or preparing for childbirth

What to expect

I draw on international training in clinical hypnotherapy and thousands of hours of one-to-one experience.

First session · 90–120 min
We discuss what brought you here, clarify what you'd like to change and agree on a plan that fits your needs.

Follow-up sessions · 30–150 min
I tailor the techniques and pace to you. We review what's changing in your daily life and use your feedback to decide what to focus on next.

Between sessions
We choose ways to practice at home that fit your routine, such as self-hypnosis exercises or listening to a personalized recording.

Session fees

ADULT SESSIONS	UNDER 18	PERSONALISED RECORDING
HUF 60 000	HUF 30 000	HUF 25 000
per session	per hour	ordered separately

Adult sessions are the same price in person and online and include agreed home practice and a personalized recording. Under-18s are charged in 30-minute increments after the first hour.
Fees effective from 1 October 2026.

BOOK NOW or have your free 10-minute phone consultation

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Budapest office: Magyar Jakobinusok tere 1., 3rd floor, door 8/b, 1122, Budapest. Doorbell #34

Appointments: Mon, Tue, Wed and Fri at 07:00, 09:30, 12:00 or 14:30 (CET).

Booking and cancellation: Complete the form I email you to confirm your booking. For free changes or cancellations, give at least 24 hours' notice. For Monday sessions, the deadline is midnight at the end of the preceding Friday. Late changes, late cancellations and missed appointments incur the full fee.

Full booking policy (HUN) | Frequently asked questions (HUN) | My qualifications (HUN)

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