

Martin Osuji ANLP. C.TLT. C. Hyp. DIP-Hyp. EFT.

Martin. Certified Master Practitioner in Field of Study Neuro-linguistic programming of (NLP)

Certified Master Practitioner in Timeline Therapy Field of Study (TLT).

Diploma in Hypnosis and Certified Master Practitioner in Ericksonian Hypnosis.

Martin has been working with and supporting clients for over 25 years with well-being and personal development, using Neuro-linguistic Programming and Applied Therapy. Martin has reached an exciting stage of expansion in Timeline Therapy, using Ericksonian hypnosis and Emotional Freedom Technique. Martin has had years of success in motivating people's desire to change, grow and succeed and by recognising through help and self-actualisation, what needs to be done to make that changing transition. Martins has also worked in partnership to develop leadership and team skills.

Martin has supported FGM survivors for several years and through this work has developed a combination methodology of treatments incorporating NLP, EFT and TLT. Martin in partnership has compiled a Psychological Survivors Support Pathway (PSSP) like those used in healthcare. The pathway will streamline all psychological intervention in one core document and can be used in single or group therapy sessions. Through combining the above therapies Martin can offer group sessions that produce positive outcomes, helps the client to work through emotions. It also empowers them to make profound conscious transformations with the use of this new psychological tool.

This work has enabled Martin to deliver Post Survivor Support Programmes in a wider arena. In partnership with Jane they work with clients that have suffered trauma and mental health conditions using the tools detailed above. This has also been piloted in group therapies and has shown to be highly beneficial as well as resourceful.

Martin is committed to working with survivors of FGM and is currently starting some voluntary group with Somali women in Northern Ireland who are experiencing a range of vast psychological symptoms. In addition, Martin will also be working with African men in the UK and in Northern Ireland to explore men's attitudes of FGM, the impact of psychological and physical long-term effects that FGM has on women within marriage and relationships. His work will also focus on the psychosexual problems encountered by African men where their wives or partners are FGM survivors. A key aspiration for Martin is to identify "FGM Cutters" and to commence work that shows them the aftermath and impact of cutting girls.

Areas area of expertise in consultancy and training includes:

- Working with anxiety
- Working with all types of phobias
- Working with all mental health issues
- Post-Traumatic Stress Disorder