

A new concept to manage your worries...



Do you sometimes struggle to...

...staying focused, setting boundaries, prioritising, making and following plans? Or that you are very sensitive in many ways, so it can be difficult in the long run? Or that you can get unexplained tremors? Or have a tendency to imagine things that turn out not to be true? Or...

A new treatment concept

Behind every problem there is a unique history of causes

HumanGuide & Hypnotherapy

Therefore, we (Rolf Kenmo, Humankonsult AB, and Mats Gaffa Karlsson, Gaffa Art Hypnos) have developed a completely new concept where the HumanGuide personality test is combined with Hypnotherapy.

This is a concept that gives you the following benefits

- **HumanGuide** can create the conditions for an effective and accurate probing of the problem
- **The hypnotherapy** can thus be faster and more effective in working with the desired change

Your investment

- The HumanGuide test costs between 450-1500 incl. VAT [depending on the level of ambition](#)
- Hypnotherapy at Gaffa Art costs SEK 1000 incl. VAT for 90 minutes and takes place either at the reception in central Stockholm or online

We recommend that you choose the test version for SEK 900 and book 3 sessions of hypnotherapy. Which lands at a cost of SEK 3900.

This is a new concept, so...

... there is no one yet who can confirm that the treatment has been sustainable for at least a year. But when that happens, we will report such experiences.

Contact us

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HumanGuide - History

Development of the test began in 1986. It is now available in 15 languages. Most widely used in Brazil, where in 2009 it became the first of its kind to be authorised by the government agency SATEPSI. More than 500 000 tests have now been carried out there. The underlying theory is called Eight Boxes and is a simplified version of L Szondi's (1893-1986) theory.

HumanGuide - Concept

It is a modular test and development system, characterised by high precision, simplicity, speed, reliability and pedagogy. The brand values are: Simplicity, Versatile and Sustainable. More via humanguide.com...

Hypnotherapy - Theory

Hypnotherapy involves the use of various forms of therapeutic methods in a state called hypnosis.

The mental state of hypnosis has been used throughout history to get in touch with ourselves and learn new things. The changes in the brain actually happen when we rest/sleep and digest the impressions.

Hypnotherapy - Practice

Hypnotherapist Mats Gaffa Karlsson at Gaffa Art Hypnosis guides you during the therapy work. *"For me, HumanGuide is a useful compass, which simplifies the work and shortens the time to find what needs to change in my clients. I really want you as a client to achieve a result you are satisfied with."*

More information via www.gaffaarthypnos.com