THE HOMECOMING RESET™ ONE TO ONE

What if alcohol simply stopped taking up so much space in your life?



SOUND FAMILIAR?

You're not only tired of drinking more than you planned.

You're exhausted by how much work it takes to manage it.

The rules. The promises. The "not tonight" in the morning. The decision to start again on Monday.

There is nothing wrong with you.

You're simply caught in a cycle, and cycles can be broken.

THE HOMECOMING RESET™ ONE TO ONE

Twelve months to step out of the negotiation and come home to yourself.

Confidential, personal support for women who have tried to change on their own and found themselves drinking again.

WHERE	One to one on Zoom
SESSIONS	8 weekly, then 6 monthly, plus a 12 month review
BETWEEN	WhatsApp support when you need it

Imagine...

An ordinary Tuesday, twelve months from now.

6pm is just 6pm. You're making dinner, walking the dog, reading, or doing absolutely nothing, and alcohol isn't taking up the evening before it has even begun.

Whatever relationship you've chosen to have with alcohol, it feels like your decision.

OVER TWELVE MONTHS

What changes.

You understand why alcohol became so important.

You get a plan shaped around you and your life.

You make changes that last, with me beside you.

Women tell me they let go of the shame around their drinking, trust themselves again, and stop negotiating with themselves about alcohol.

The goal isn't to drink less. It's to build a life you don't want to escape from.

HOW IT WORKS

PHASE 1 · 8 WEEKLY SESSIONS

The Reset

You understand your drinking and take your supported break from alcohol, shaped around you. You'll learn what's behind the urge to drink, and how to handle emotions and social situations without reaching for a drink.

PHASE 2 · 6 MONTHLY SESSIONS AND A 12 MONTH REVIEW

Homecoming Integration

You've made the changes. Now you have support while you live them. If you wobble, we pick out the gold and make your plan stronger.

Throughout

WhatsApp support when you need it, hypnotherapy audios made from your own words, and a Sunday Watchtower check in with yourself.

WHAT WOMEN SAY

CAROLINE

“Just to say a huge thank you. I couldn’t have done it without you. It felt impossible and I was at the lowest I could ever imagine being. There are no words to express my gratitude and thank you really isn’t merely enough.”

LISA

“I feel free and I didn’t think I’d get there. I now understand that what I thought alcohol was giving me was totally wrong. It feels great to know that I have a choice about what I think and how I feel.”

CLAIRE

“Working with Rebecca has genuinely changed my life. She’s not just skilled, she’s compassionate and insightful. She never made me feel judged, only understood. I finally feel like myself again.”

Names have been changed for privacy.



I know how lonely this feels.

I relied on alcohol to switch off and quieten my busy mind. I spent years trying to change on my own, only to find myself drinking again.

Then someone helped me understand why alcohol had become so important to me. That's why I trained in the very tools that helped me, so I can help other women do the same.

I don't want you to become brilliant at resisting a drink. I'd love to help you build a life where alcohol becomes less and less important.

If you're thinking "I'll sort it out after Christmas"...

It's one of the most common thoughts at this time of year, and it makes sense.

But January could look different. You could walk into it with a plan in place, someone beside you who understands, and your first session already in the diary.

You wouldn't be starting again on your own.



I’m Rebecca, a Cognitive Behavioural Hypnotherapist (Level 5 Diploma, accredited by the British Psychological Society, and registered with the GHR).

Would you like to find out if this is right for you?

Message me **HOMECOMING** and we’ll arrange a free 30 minute conversation. We’ll talk about where you are with your drinking and what you’d like to change, and then see together whether Homecoming is right for you.

YOUR INVESTMENT

£2,100 in full

Pay in full and save £159

or

£225 deposit, then £339 a month for six months

I back this work with a refund promise, which I’ll explain on our call.

Email me **HOMECOMING** at

info@rebeccathomson.co.uk

or message me **HOMECOMING** on Instagram

@thewineoclockwoman

This programme isn’t medical or addiction treatment. Part of our conversation is to check whether it’s suitable for you.