

What Is Hypnosis, and What Can It Do for Me?

Hypnosis is a state of focused consciousness that allows you to move beyond your old limitations. It occurs when a hypnotherapist helps you focus your mind. By using a hypnotic induction, I will help you learn how to achieve this state of mind.

Once this state has been achieved, you will then receive what are called hypnotic suggestions. These suggestions will empower you to use hypnosis to make the changes in your life that you desire.

Hypnosis is a tool that can help you, just as it has helped millions of other people take back control of their lives.

I can help you change old habits and provide you with motivation to do the things that you might have been putting off.

Since 1958, hypnosis has been sanctioned and used by the American medical community to help patients overcome chronic pain, create anesthesia, and heal psychogenic illnesses.

Hypnosis and self-hypnosis have been shown to be effective in reducing stress and stress-related illnesses.

Hypnosis has also been shown to help mothers give birth to their children with little or no pain.

Modern hypnosis and hypnotherapy is a reliable way to move yourself toward success, even when other approaches have failed.

Hypnosis Can Be Your Tool for Success!

I encourage you to call or email me to ask any questions about hypnosis and my services. Answering questions is something that I enjoy doing..

Hypnosis can help you with the following issues and many more:

Stop Smoking

Anxiety

Remove Fears

Remove Habits

Drug Abuse

Stage Fright

Pain Management

Anger Issues

Abuse Issues

Concentration

Test Anxiety

Procrastination

Improve Sports

Weight Loss

Stress

Relationships

Alcohol Abuse

Motivation

Public Speaking

Sexual Issues

Self-Esteem

Self-Confidence

Shyness

Improve Mood

Children's Issues

And Much More...

Please feel free to contact me about any issues not listed here.

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What Is Hypnotherapy?

Hypnotherapy is the applied use of hypnosis. Therapy can be defined as any process that moves one toward health and wholeness. Thus, hypnotherapy is the use of hypnosis to help you move toward health and wholeness.

Hypnotherapy is also used to help you reach goals when nothing else has helped. See the back panel of this brochure for a list of uses for hypnotherapy.

Self-hypnosis may also be part of a good hypnotherapy program. Please inquire as to whether using self-hypnosis is recommended to help you reach your goals.

Is Hypnosis Safe?

Hypnosis is completely safe. It is very similar to experiencing a daydream. Usually you will feel relaxed while doing hypnosis.

Hypnosis in and of itself is a very pleasant experience. It is a time to let go of the other thoughts of the day and focus on the issues you came in to work on.

Scientists, medical professionals, psychologists, and hypnotherapists have been using hypnosis for over 200 years, and no one has ever been harmed by going into hypnosis.

Can I Be Hypnotized?

Of course you can! You already have been. It is easy to go into hypnosis, and it is a normal state of mind that everyone has already experienced.

In fact, hypnosis is such a normal state of mind, most people do not even realize that they are hypnotized.

Normal, everyday hypnosis occurs when you are driving down the road and lose track of time, or when you are focusing on a book or television program and do not notice something that is going on around you.

When you come in for hypnosis, all you need to do is to be able to follow the instructions of the hypnotherapist and you can put the power of hypnosis to work for you.

Anyone with at least normal intelligence and a willingness to follow instructions can experience hypnosis and can use hypnosis to improve his or her life. Children, teenagers, and adults can all benefit from hypnosis.

Who Will Hypnotize Me?

It is now commonly accepted that all hypnosis is really self-hypnosis. When you follow my instructions during a session, you will actually be hypnotizing yourself.

I am a highly trained and qualified hypnosis professional, bound by professional ethics and the laws of the State of Washington. I am certified with the National Guild of Hypnotists and am registered as a hypnotherapist with the State of Washington.

Furthermore, I have undergone extensive professional training and have achieved additional certification in the advanced hypnotherapy system called 5-PATH®. I am a professional who will maintain the highest

ethical standards, treat you with respect, and maintain confidentiality as required by law.

I suggest that you call and speak to me directly, so I can help you learn more about hypnosis and hypnotherapy and help you become more familiar with the programs that I offer.

Hypnosis Can Help You Succeed When Nothing Else Has Worked!

Hypnosis is one of the fastest growing fields of human achievement. As hypnotherapists, we are working with people who are frustrated because nothing else has helped them achieve their goals.

They have tried every other avenue that they can think of—without success. I use hypnosis, hypnotherapy, and teach self-hypnosis so people like you can succeed in making important changes.

Did you know that many of the most successful professional and Olympic teams use hypnosis to help their athletes win? It is a fact. Now you can use this advantage for yourself—whether you are trying to overcome an old problem or you want to reach a new level of personal achievement.

Hypnotherapy is also a complementary treatment for some medical and psychological issues. I can contact your doctor to make sure that using hypnosis is appropriate for your situation. Appropriate issues may include pain management, stress-related illness, and any issue that has been labeled “psychogenic”.