



What is Hypnotherapy

Hypnotherapy empowers clients to access deep parts of their mind to discover inner insights or memories and allowing manifestation of changes in their health and life. Nearly everyone has experienced some type of trauma, large or small, in their lives, which then can result in a negative habit, belief, or behavior pattern being installed into the subconscious mind program. This in turn, influences physical health. Sometimes early memories are blocked to protect us from being overwhelmed with emotions but are replaced with inner critic dialogue. This tends to happen early in life, before we have the wisdom and experience gained later in life. Remember the popular saying: ***“What we think, is what we do and are.”***

Hypnotherapy can be described as an art and science that accesses the subconscious and unconscious parts of the mind through an altered state, or trance, with focused attention on learning how to make positive changes. Relaxation, daydreaming, prayer, meditation or being absorbed in a story are forms of trance. The subconscious mind is the home of memories, imagination, automatic behavior patterns, core beliefs, emotions, plus most physical functions. It uses 95% of the brain. It remembers your every thought, feeling, and action, using them as instructions as to how to direct your behavior, reactions, and perceptual filter.

Hypnotherapy embraces multiple psychological and developmental sciences that focus on helping people to achieve their goals easily in life, release that which no longer serves them, and amplify their creativity and joy. Clients learn how to actively heal themselves as the hypnotist guides them in that process. Everyone goes into trance naturally and can be hypnotized if they are willing, because all hypnosis is self-hypnosis. Trust in the client-hypnotist relationship is essential as well.

There are hundreds of techniques and a variety of delivery styles, so each hypnotist will be somewhat unique in their approach. Hypnotherapy has been proven to be effective for a multitude of situations and conditions. Some problems can be quickly resolved with one hypnotherapy session, but other issues need deeper work and going to the root of the problem over several sessions for lasting change.

I call my practice Empathic Hypnosis because I believe in the importance of everyone being heard, understood, and accepted without judgement. Some of my methods are interactive and others allow the content experienced by the client to be private. Parts therapy is an integral method in what I offer, along with NLP and other modalities. Each session is client centered, meaning it is uniquely designed for that person's needs and situation. I conduct all my sessions virtually using a zoom connection with your computer, which as turned out to be amazingly convenient and yet effective for everyone.