



**MESMERIZING
ENTERTAINMENT
FOR YOUR EVENT**

for a *shift* in mind

HYPNOTHERAPY SERVICES

Frequently Asked Questions

What is hypnosis?

There are many definitions of hypnosis, but in simple terms, Hypnosis is a natural state of heightened awareness and deep relaxation. In this state (between sleeping and waking), we increase our mind's ability to accept positive suggestions while experiencing a deep state of rest (mind & body). It can be likened to a guided day dream.

A hypnotic state is the optimum state for creating change in your life. During hypnosis, you can set aside limiting beliefs that have been preventing you from moving towards a healthier, happier you.

Can anyone be hypnotized?

Contrary to popular belief, almost everyone can be hypnotized.

If you can dream, if you can follow simple instructions, then 'YES' you can be hypnotized.

How does hypnosis feel?

Every person will feel differently while in hypnosis, but they nearly all report feeling calmer, happier and more energetic.

During the session, some clients report the following sensations:

- ▶ Tingling in fingertips or limbs
- ▶ Numbness
- ▶ Sense of being light and floating away from your body
- ▶ A heavy feeling like sinking into the furniture
- ▶ Enhanced or increased emotional awareness
- ▶ Fluttering in eyelids
- ▶ Sleepiness

Will I be able to drive after?

Hypnosis is simply a state of deep relaxation, although you may feel like you have been sleeping, you will be completely alert and able to drive comfortably following all sessions.

Is there a guarantee?

Every individual responds differently and although we anticipate great results from a trained professional, we cannot guarantee them. Fees are therefore charged out on a time basis and are not refundable.

How long are the sessions?

A typical session runs about 45 to 60 minutes.

Exceptions: chronic pain and children. These are usually completed in 30 - 45 minutes for every session.

How close together should I book follow-up appointments?

We recommend that the first two appointments be arranged within 1-2 weeks of one another. Subsequent appointments can vary from there.

Purchasing accompaniment (Audio) Our MP3s CDs will help foster long term results.

Depending on the presenting issues, coaching may be a useful resource for follow up appointments. These include, weight management, success planning, stress reduction.

Hypnosis Myth vs. Fact:

THE MYTH	THE TRUTH
A Hypnotist has Power over you.	No one can be hypnotized against their will.
You can be given post-hypnotic suggestions to do something against your moral code.	A hypnotized person will not do anything against their will. The client retains ultimate control.
If I go into a hypnotic trance, I will not wake up.	Hypnosis is NOT sleep, mind control, or even magic. It is a natural state of being from which everyone arises.
Only certain people can be hypnotized.	Hypnosis is a natural state of mind which everyone has experienced at some point in their lives.
A post-hypnotic state lasts forever.	The key to hypnosis is repetition. Post-hypnotic suggestions need to be practiced and re-enforced to become permanent. Hypnosis makes the commitment to change easier and seem effortless.

What are your Credentials?

I have been a certified practicing Hypnotist since 2004. I hold specialty designations in Sport Performance, Forensic Hypnosis, Stage Hypnosis and I am a Neuro Linguistic Programming (NLP) Trainer. I am also a Certified Mediator/Negotiator and use all these skills in my practice.

ARE YOU READY TO UNLEASH THE POWER OF FAITH?



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