



**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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