

## **What is Hypnotherapy?**

Hypnotherapy is an extraordinary tool which can allow you to heal the wounds of your past in order to change your future. Move toward health and wholeness as you release anger, fear, sadness, shame, or guilt, and learn to forgive yourself and others. Feel more worthy and deserving of love, success, and abundance in your life. During these in depth interactive sessions, you will align the conflicting parts within yourself, resulting in more energy, more confidence, and greater success at whatever it is you would like to achieve.

## **What is it used for?**

Hypnotherapy has been proven to be effective with stress management, pain control, addictions, phobias, improving athletic or scholastic performance, increased self-esteem, smoking cessation, weight control, and countless other uses. The uses for hypnotherapy are limited only by the limits of the client's imagination. Anything you wish to change can be made easier with hypnosis. Regardless of what issue the client has come in for, Nathalie incorporates stress reduction and boosts self-esteem. Those are at the core of all the other issues, and they enhance the effectiveness of any other work we do.

## **How does it work?**

By deeply relaxing the body, the conscious mind also relaxes. As the conscious mind relaxes, this allows us access to the subconscious mind. Your subconscious mind is like a vast warehouse of all your wisdom, knowledge, and beliefs. Everything you have ever learned is stored in your subconscious, including limiting beliefs which may not be beneficial to achieving your goals in life. By accessing our subconscious minds through hypnosis, we can modify our thoughts and our subsequent behavior. It is similar to changing the programming on a computer. When we change what is inside of us, the outside follows. What we believe we are, we become. With hypnosis, you will believe in your success!

## **What happens during a session?**

First, we assess your goals and any impediments to your goals. This allows Nathalie to personalize the session to your unique motivations and challenges. Next, you will safely relax in a comfortable recliner, and Nathalie will guide you into a deep state of physical relaxation. As your whole body relaxes, your conscious mind starts to drift and relax, and you enter a trance state, similar to the one you enter just before you fall asleep. In this trance state, Nathalie will give you beneficial suggestions that are based upon your own words and are specific to your goals. Self-hypnosis is also taught in your sessions, so that you will have the ongoing ability to use this powerful tool in your life.

### **Can I be Hypnotized?**

Of course you can! You already have been. It's 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 usually don't even realize that they are hypnotized. Normal, everyday hypnosis occurs when you are driving down the road and you lose track of time, or, when you are focusing on a book or watching TV, and you don't notice things 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.

### **How does it feel to be hypnotized?**

Most people it feel as if they are relaxing comfortably. Some people may experience feelings of sleepiness, heaviness, lightness, floating, tingling or feeling separated from their bodies. There is a wide range of what is normal, and you will have your own unique experience. However, it is common for everyone to experience a very pleasant, relaxing, and enjoyable process, and to leave feeling wonderfully peaceful and refreshed.

### **Can you make me do things I would not want to do?**

Contrary to the images portrayed in the media, your Hypnotherapist has no control over you. A Hypnotherapist is merely your guide to your own mental powers. Any hypnosis is really self-hypnosis, and is driven by your desire for change. You are in control at all times, and just as you put yourself into hypnosis, you can bring yourself out at anytime. Nathalie gives suggestions with your highest good in mind, and so far that has never included clucking like a chicken!

### **Is there danger of not waking up?**

Not at all. The hypnotic trance is created by and therefore dependent upon the hypnotherapist's voice. Even if you were to fall asleep, you would wake up soon after you realize that the therapist's voice stopped.

### **Will I reveal any secrets I don't want to?**

You are aware and in control at all times during your session. You won't do or say anything that you do not want to or normally wouldn't do. It is your subconscious mind's job to protect you, and it is very good at it! It will automatically reject any suggestion that conflicts with your values, and accept only the suggestions that feel right.

### **Does hypnotherapy conflict with my doctor's advice or my religion?**

The American Medical Association (AMA) approved hypnosis as a valid treatment in 1958, and it has become increasingly accepted by the medical community ever since. In 1996, the National Institute of Health approved its use for chronic pain. We do require your doctor's approval for working with medical conditions. In 1956 the Catholic Church under Pope Pius XII approved the use of hypnotherapy.