

# Hypnosis Works!

Change Your Thoughts and You Change Your World ~ Norman Vincent Peale

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## How Powerful is Hypnosis?

Hypnotic suggestions bypass the critical faculty, called the conscious mind, and focuses on offering healthy, positive suggestions to the subconscious mind.

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## Is Hypnosis Safe?

Absolutely! Hypnosis is a naturally occurring process. We visit this state several times a day - going to sleep, waking in the morning, day-dreaming.

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## How does Hypnosis Work?

During hypnosis, the body and conscious mind enter a deeply relaxed state, while the subconscious mind remains highly receptive to suggestions. Hypnosis is both an educational and communicative process assisting the conscious and subconscious minds to come to agreement.

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## Is Hypnosis Medically Approved?

Yes! Both the American Psychiatric Association and the British Medical Association approve hypnosis as a viable therapeutic tool. I am registered with the Canadian Association of Counseling Hypnotherapists and Educators. (CACHE) and The International Medical and Dental Hypnotherapy Association (IMDHA).

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## Can Anyone Be Hypnotized?

Most Certainly! Individuals can be hypnotized to varying degrees. The level of hypnosis a person achieves is often associated with their desire to succeed, their receptivity to suggestion and ability to respond.

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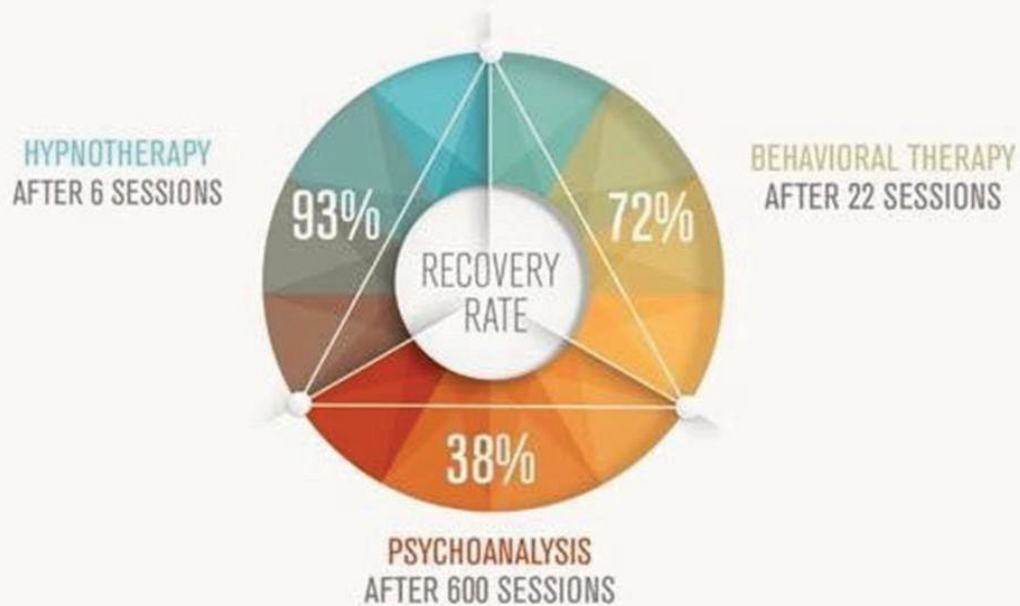
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## Hypnotherapy

Hypnotherapy involves entering a state of deep concentration and focused attention. Under the guidance of a certified hypnotherapist, this process assists you to be more receptive to suggestions leading to positive changes in your perceptions, sensations, emotions, memories, thoughts, or behaviors.

## HOW EFFECTIVE IS HYPNOSIS?



Source: American Health Magazine - Barrios, Alfred A. "Hypnotherapy: A Reappraisal," *Psychotherapy: Theory, Research and Practice*, 1970

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## Did You Know?

Hypnosis is used in top class hospitals such as: Mayo Clinic, and the work of Dr. David Spiegel at Stanford University. HealthlinkBC - <https://www.healthlinkbc.ca/health-topics/hypnosis> states: "... hypnosis may be able to reduce stress by increasing relaxation, offering positive suggestions, and eliminating negative thoughts."