



In-Person Sessions FAQ

1. How does hypnosis work?

- a. The mind learns and absorbs information best when you are in a relaxed state of mind. Hypnosis is simply a relaxed state of mind. We achieve that relaxed state by verbally walking you through the process of relaxing the conscious mind and the body. This state can be achieved in many ways. Hypnosis just makes the process quicker and easier.

2. What kind of results can I expect?

- a. Part of the process of making a change in your life is making the decision to change. The rest is up to how you choose to make that change happen. Over the years I have seen a few people who have not been able to make the change they desire and most of them would tell you they really hadn't made up their mind to change. For most of my clients, the results have been moderate to significant change in old habits, thought patterns or emotional health.

3. Why hypnosis?

- a. The subconscious mind is the power house of your mind. Most people use the conscious mind, the weaker part of your mind, the push through making a change. The conscious mind is where will-power exists. Using hypnosis you are harnessing the subconscious mind and pairing it with the conscious mind which enables you to move through changing your life more effectively and efficiently.

4. What if I have a hard time relaxing?

- a. You have trained your mind to accept stress and tension which can cause you to have difficulty relaxing. This is a wonderful thing because you can retrain it to relax. And beyond that, you can train it to move to a completely different state every time you experience a stressor of any kind. It is simply a matter of investing the time to retrain the mind and using the proper tools to train the mind.

5. What does hypnosis feel like?

- a. Most people expect hypnosis to feel very differently than it does. You are not unconscious, fully asleep or 'out of it.' You are actually fully conscious, aware and the mind is fully engaged but you are deeply relaxed. In this state your conscious mind may wander or you may think that you could open your eyes and be awake and you could! In hypnosis you are simply allowing me to walk you through the process of relaxing the body and conscious mind which allow me to give suggestions and directions to the subconscious mind where change actually happens.

6. Is it possible to experience profound change in one session?

- a. Yes, but it is not the typical response. Remember, you have trained your mind to respond the way it is currently responding to your specific challenge. Most of the time it takes a few sessions and the repetition of listening to your hypnosis recording daily to shift the mind out of the current pattern and into the desired one. Hypnosis does dramatically decrease the time it takes to make significant changes but it still takes time and retraining. Everything does begin and end in the mind so please allow yourself time to change old habits and patterns at their core level so that it is truly a permanent change.