

Here are some facts about hypnosis:

ANYBODY WHO CAN FOCUS CAN BE HYPNOTIZED. We all go in and out of trance regularly. Daydreaming is a typical example of this. It is always up to YOU whether you choose to go into trance in a therapeutic environment. Of course, there are those that are more suggestible and open than others. And the old adage “practice makes perfect” most definitely applies. If you can focus, you can be hypnotized.

PEOPLE CAN CHANGE. Hypnosis is a very powerful tool for change, and your unconscious mind IS your faithful servant. Direct communication with your unconscious mind can be achieved through hypnosis. Your unconscious mind is the seat of all of your emotions, memories, and habits, and where permanent changes begin. Your hypnotherapist is simply an educated guide to assist you in communicating in the most effective way with your powerful unconscious mind.

YOU'VE GOT TO WANT TO. Whatever changes you seek, you have to want them for hypnosis to work. Remember, you never do anything you don't want to do in hypnosis.



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YOU WILL ALWAYS BE IN COMPLETE CONTROL IN HYPNOSIS.

If you hear something that makes you uncomfortable during hypnosis, you will pop right out of hypnosis. What happens during a hypnotic session is ultimately up to you. Your hypnotherapist can't make you do anything you do not want to do, and you will never do anything outside of your moral code or value system. The fact is: **YOU ARE THE MOST IN CONTROL WHEN YOU ARE HYPNOTIZED.**

YOU ARE NOT ASLEEP OR UNCONSCIOUS DURING HYPNOSIS.

Although you are profoundly relaxed, your senses become heightened. You will hear everything and remember everything, unless you are given a suggestion to forget – and you **CHOOSE TO ACCEPT** that suggestion.

HYPNOSIS – THE TRUTH

The American Medical Association (AMA) has officially recognized hypnosis as a beneficial treatment since the 1950s.

In a review of literature published in *Psychotherapy: Theory Research and Practice* (Volume 7, Number 1, Spring, 1970, Alfred A. Barrios, Ph.D.), various types of techniques were profiled. **The percentages speak for themselves:**

- ❑ **Hypnosis** -- 93% recovery after 6 sessions (about 1-1/2 months)
- ❑ **Behavior Therapy** -- 72% after 22 sessions (about 6 months)
- ❑ **Psychoanalysis** -- 38% recovery after 600 sessions (about 11-1/2 years).

Prior to undergoing hypnotherapy, I had what you might call a fear factor ... "I won't stay hypnotized. Would I?"... Peter relieved my fears immediately. We were partners going in. He wanted me to break the smoking habit of more than 30 years and so did I. It took less than 30 minutes of faith and trust to become a non-smoker. I firmly believe that, thanks to Peter and the **confidence** he has instilled in me, **my smoking days are over.**

Reg M.

I was facing hip replacement surgery which I feared. Peter's hypnotherapy helped me calm my fears and find peace and strength to face my ordeal. During our sessions I was able to totally relax. His suggestions gave me the assurance that I would **be in good hands during surgery and heal quickly** afterwards.

I'm grateful to Peter for his assistance and understanding.

Lili L.

Many thanks for your help. As you know, **chronic procrastination** was previously a way of life for me. I even procrastinated in making the appointment to see you! Because of your work, I was finally able to break through. Now, I regularly complete projects and tasks promptly. It's quite a relief to no longer constantly hear someone say, "Didn't you say you were going to ...?"

Keith J.

Whatever you can conceive and believe, you can achieve.
Here are some of the results people can achieve by using hypnotherapy:

Ambition increase	Pain control
Assertiveness increase	Past issue release
Blood pressure reduction	Phobia elimination
Chewing cessation	Procrastination reduction
Childbirth without pain	Public speaking
Concentration enhancement	Purpose and meaning
Dental fear/pain reduction	Sales performance enhancement
Depression reduction	Self-confidence improvement
Fear reduction	Self-esteem improvement
Fly free of fear	Self-image enhancement
Guilt elimination	Shyness reduction
Habit changes	Sleep improvement
Heal faster after surgery	Smoking cessation
Health habit improvement	Sports performance enhancement
Limiting belief change	Stress reduction
Memory improvement	Study habit improvement
Motivation increase	Stuttering reduction
Nail biting cessation	Substance abuse reduction
Negative attitude change	Surgery fear/pain reduction
Negativity reduction	Weight control

I can't thank you enough for the help you have given me through hypnosis. Surgery is probably scary to everyone, but the anxiety I was feeling went way beyond what seemed normal. You helped me to relieve the anxiety in a general way in our first session, and then led me to the place where I could **make a life changing breakthrough.** I appreciate all you did for me and even more so your caring manner and respectful concern for the pain I presented to you. Since the surgery, I have experienced a **greater sense of peace** in my life, which I attribute to the work you helped me to do.

Karen S.

I went to see Peter about **alleviating test anxiety** regarding a final exam. The exam, the culmination of a graduate studies program in English Literature, became a formidable scholastic obstacle in an otherwise successful academic career. The anxiety and fear I felt while taking the exam was counterposed to any emotions experienced in past collegiate endeavors. Therefore, I surmised that the problem was not a lack of mental acumen, but instead an inability to relax and allow the learned material to manifest itself into the written word. Peter provided me with several relaxation techniques and an open forum to present and alleviate any negating emotions regarding academia and in particular the cumulative exam. We dealt with the inherent anxieties of taking such a test, as well as solutions to overcoming phobic reactions.

Peter's assistance was integral to the completion of my Master's Degree and **passage of the comprehensive exam.**

Ben S.

Though I was hesitant at first about hypnosis (primarily because of the stereotypes created by the mass media), I greatly benefitted from the experience. The session focusing on **reducing anxiety, countering stress and thinking positively** helped me tremendously. And the added benefit of the self-hypnosis instructions you provided assures me that I can continue to face any challenges that lie ahead.

L.S.