

WHAT IS HYPNOSIS?

Hypnosis is a very powerful tool. The effectiveness depends on a person's ability to take responsibility for themselves, and their ability to be ready for change.

Hypnosis is a process which produces relaxation, distraction of the conscious mind, and increased awareness, allowing access to the subconscious mind through the imagination. It also produces the ability to experience thoughts and images as real.

Hypnosis *is*... a state of deep relaxation

Hypnosis *is*... a state of concentration

Hypnosis *is*... a natural state of mind

Hypnosis *is not*... sleep

Hypnosis *is not*... loss of consciousness

Hypnosis *is not*... surrender of the will

Hypnosis *is not*... loss of self control

A Personal Message...

More people are finding "Do-it yourself" ways of improving themselves. They are seeking better physical and mental health and wish a fuller and richer life. Hypnotherapy (Hypnosis) is one way of achieving better health.

Despite the fact that the American Medical Association recognizes hypnosis as a valuable tool in medicine, some people are still apprehensive about accepting it. However, it is important to note that many physicians and dentists use hypnosis to help patients promote healing, reduce and control pain. In most instances, ethical hypnotists work in conjunction with or on referral by a physician.

You will find hypnosis to be a relaxing and enjoyable experience. Remember, however, we need your cooperation, as all hypnosis is self-hypnosis. All we do is guide you into it.

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Hypnotherapy

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Self-Hypnosis & Hypnotherapy

There are many misconceptions about hypnosis. A simple definition of hypnosis is that it is a state of increased suggestibility and concentration. **Do not expect to go to sleep** or lose touch with reality. You will know everything that is going on around you.



"My goal as a Hypnotherapist is to assist you in achieving your potential, your goals, and improve your performance in work, and your personal life."

CAN YOU REALLY HYPNOTIZE ME?

All hypnosis is self-hypnosis in that the Hypnotherapist acts as a guide to lead you into a relaxed, receptive state. But you are always in control. If *you wish* to be hypnotized there is no power that can stop you. If *you do not wish* to be hypnotized, there is no power that can make you. In short, "if you think you can or you think you can't, you are right."

SPECIFIC APPLICATIONS

- ◆ STRESS REDUCTION
- ◆ WEIGHT MANAGEMENT
- ◆ STOP SMOKING
- ◆ SELF IMPROVEMENT
- ◆ IMPROVE SPORTS PERFORMANCE
- ◆ IMPROVE STUDY HABITS
- ◆ IMPROVE MOTIVATION
- ◆ ENHANCE CREATIVITY
- ◆ IMPROVE CONCENTRATION
- ◆ IMPROVE MEMORY

* Some additional applications may require a physician's referral.

WHAT CAN HYPNOSIS DO FOR ME?

Techniques exist by which one can attain a state of self-hypnosis and gain complete relaxation under the most stressful conditions. In this state the subconscious mind is open to therapeutic suggestions. A wonderful thing about hypnosis is that it is a strong stress reducer; hence it is

easier to make better choices about mental and physical well-being. However, to break the connection to the habit, you must honestly want to change the habit. Hypnosis and creative visualization in conjunction with motivation, cooperation, and personal responsibility can be powerful tools in making valuable changes in one's life.

HOW DO I GET STARTED?

Call our Hypnotherapist, Peter Dufour for inquiry and appointment at

(541) 619-4469

It's that simple.

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