



Hypnosis as defined by Alan Chips, is “an altered state of consciousness which lies between the waking state and sleep. It is generally brought in an individual by the use of a combination of concentration, relaxation, suggestion and expectation.” In the words of Hippocrates, (father of medicine), “The affections suffered by the body, the soul sees quite well with shut eyes.”

Hypnosis can be used for a wide variety of issues, ranging from emotional, mental, physical, pain management, surgery prep, overcoming fear, anxiety, smoking, weight loss, overcoming addictions, stress management, sleep disorders, improving self-esteem, relationships and so much more! It is said that hypnosis and hypnotherapy can be dated as far back as prehistoric time!

I have always been fascinated by hypnosis. I began studying about the ways hypnosis brings healing to those with physical and physiological illness. I have to say, that trauma treatment in hypnosis appeals to me most. I feel that trauma is the root to all illness. I believe that trauma resonates in the very core of your existence; the very core of your body. There are so many types of trauma and it sits on so many different levels. I think that if a person has a traumatic experience, they will carry the weight of the experience in their physical body, not just their heart and mind. Trauma can range from divorce, to car accidents, being made fun of growing up, parental separation and so much more. Each of these things are so common and yet they fall into the very being of many different people giving them each their own individual effect. I feel that the body feeds off emotion and a lot of emotion is triggered by trauma. Emotional and physical trauma may take away from your sense of security and well-being. This fear can be overwhelming and as it tries to “find a place to come out”, it finds little pockets in your body, thereby giving you pain in your back or shoulders perhaps. This pain gets worse and starts to make you dwell on what could be wrong, which causes stress and anxiety and thus you continue down the road of self-destruction, resorting to recreational drugs, alcohol, anger and more. All of these things from a traumatic experience. Learning about this, I decided this type of therapy would cover a wide range of health issues. I believe, as a hypnotherapist, I can offer emotional, physical and spiritual healing for individuals seeking help. If you are interested in more information or think I can help you, be sure to send a message!