

HYPNOSIS WORKS

Hypnosis is a safe tool that enables a person to go deeper into their unconscious mind than is possible in a waking state. For personal growth purposes, we work together to access your unconscious, accessing past events that require healing or closure, traveling back to the root cause of negative behaviours.

Seeing a forgotten memory as an adult may free associated underlying problems spontaneously; at Muskoka Hypnotherapy, we ensure you receive relaxing healing before you bring yourself back in to the room.

It is said that using hypnosis in this way can cut down a 1,000 hour analysis to between 10 to 20 hours. Ref: BBC Web Site "h2g2 Hypnosis"

HYPNOSIS IS EFFECTIVE

According to research from Dr. Alfred Barrios: (Ph.D. UCLA Clinical Psychologist - Inventor of the Stress Control Bio-Feedback Card & Author of the New York Times bestseller *The Stress Test*.)

Effective Rates of Treatment:

- Psychoanalysis - 38% - 600 sessions
- Behavior Therapy - 72% - 22 sessions
- Hypnosis - 93% - 6 sessions

Indicating hypnotherapy is over twice as effective, and almost 100 times faster, than conventional psychoanalysis sessions.



Karen Eardley BSc Mht

Master of Clinical Hypnotherapy

Member of:

Ontario Association of Hypnotherapists

National Guild of Hypnotists
(International Member)

International Medical & Dental
Hypnotherapy Association
Registration # 0605-011465



www.ngh.com



www.oah.ca

MUSKOKA HYPNOTHERAPY
Bracebridge & Huntsville



Phone (705) 646-0756

Toll Free (866) 321-9898

Mobile (705) 801-5314

karen@muskokahypnotherapy.ca

Web Site

www.muskokahypnotherapy.ca

Personal Growth

**Empowerment and Healing using
Hypnotherapy and Self-Hypnosis**



SOLUTIONS IN MIND



HOW DOES IT WORK ?

The Hypnotherapist uses the clients' pre-defined goals to create powerful suggestions that are readily accepted. By using the clients' own wording and terminology, the helpful suggestions become a part of their inner reality; repetition transforms these into new behaviour patterns.

Your mind, when it accepts new ways of behaving, physically creates new neuron pathways in the structure of your brain. Each time that you use the new behaviour, the lining of the new neuron becomes thicker, and the action becomes more automatic.

We provide all clients with a suitable guided hypnosis CD; you are strongly encouraged to use the CD daily at a time suitable for you, allowing you to reinforce your suggestions.

When a new behaviour is practiced daily for between 21 and 28 days, it becomes your new habit; the old neuron pathway literally fades away as the new becomes stronger.

By using hypnosis you are making effective and permanent change in the ways that you relate to the world.

Hypnosis can also help you to access past events, the subconscious mind has no awareness of time and can take you back to any event you have experienced. We allow your subconscious mind to travel back to the root causes of behaviours or to traumatic events in your past; here we facilitate healing using gestalt or visualization techniques. You become more whole, more confident – empowered!

PERSONAL GROWTH

Client and Hypnotherapist work together, using spiritual as well as more conventional healing and visualization techniques. Old habits that were no longer serving you are replaced with healthier alternatives. Traveling back to “past wounds,” here healing takes place in a manner that best suits each individual.

Clients have successfully released:

- Unhealthy Cravings
- Binge Eating
- Unable to Let Go
- Never Feeling Good Enough
- Never feeling satisfied after eating
- Compulsive behaviour
- Fear of Dentist
- Fear of Needles
- Inability to form good relationships
- Attachment to negative influences

This empowering process may be experienced as a gradual increase in self-confidence, and/or an explosion of awareness, often known as that, “Ah-ha” moment!

Clients have successfully embraced:

- Using day-to-day coping techniques
- Creating Strong, Safe Boundaries
- New Habits, Living in Balance
- Confidence, Empowerment
- Feeling Joy More Frequently
- Becoming Slimmer, more energized
- Able to Say what they Need, Healthily
- Communication with their Inner Child
- Feeling more at Peace
- Feeling more Whole, more Authentic

WHAT IS HYPNOSIS?

Hypnosis is a natural state of mind that happens several times throughout the day to everyone. Highway trance, or even “zoning out” in front of the TV, are common experiences of trance. Whenever you reminisce about the past, you naturally and automatically take yourself into a light trance.

Hypnosis is also a heightened state of focus and awareness where you gain access to internal resources, from your sub-conscious mind, normally outside the range of conscious awareness.

SELF-HYPNOSIS

All hypnosis is self-hypnosis! In addition to hypnotherapy sessions, we work together to create powerful personalized affirmations, using self-hypnosis to strengthen your habit changes; you may use these at appropriate times to help you to deal with stresses, to provide feelings of safety or to simply remind you that you are moving forwards.

HYPNOSIS FACTS

You may be surprised to discover:

- You remain in control
- You remember everything you wish to
- All hypnosis is self-hypnosis
- Your extremities may tingle or go numb
- 95% of people can take themselves there
- Your mind is alert, whilst your body sleeps
- You awaken feeling relaxed and calm
- You accept only agreeable suggestions