

HOW HYPNOSIS HELPS

Hypnosis can help you to manage stress and reduce anxiety in several effective ways:

- Release the anxiety from your mind
- Relax your body deeply
- Embrace a more positive attitude
- Improve your ability to focus
- Letting go of old fears and thoughts
- Deactivating stress triggers
- Travel to the future and see success
- Travel backwards to heal any initial sensitizing events

We combine hypnotherapy, post-hypnotic suggestions, use healing imagery as well as incorporating other coping mechanisms to assist you as you naturally alter the way you live your life.

DAY-TO-DAY CALM

We introduce relaxation techniques using self-hypnosis to help you to deal with day-to-day situations on the spot.

We support you at home or on the move with our Guided Meditation CDs and Hypnosis CDs.

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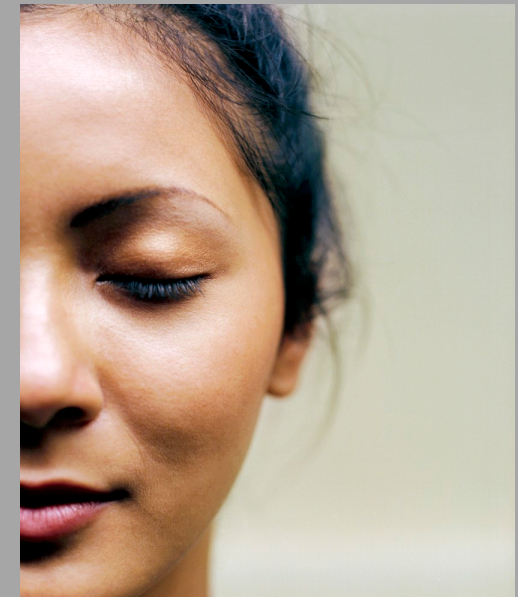


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Stress Reduction

Using Hypnosis to Increase
Relaxation & Reduce Anxiety



SOLUTIONS IN MIND

STRESS REDUCTION

Hypnotherapy can assist you to retrain your mind, body and emotions to gradually move into a state of calm relaxation, gradually leaving behind those wearing states of anxiety and worry.

Regular mind and body relaxation exercises can create increased energy levels and improved focus; you may also experience significant reduction in teeth grinding, acid reflux and other stress-related symptoms.

By remaining more calm and centered more of the time, you may soon experience a gentle inner peace.

MONITORED PROGRESS

At most sessions, we set tasks or homework to help you to continue moving towards your goals, actions that support you in your holistic healing process.

These activities are always ones you agree with, such as partaking in enjoyable exercise and taking time out for yourself!

PERMANENT CHANGE

By continuing to practice your new techniques and behaviour patterns for between 21-28 days, you create new neuron pathways inside your mind ... and the changes are your new habits!

WHAT IS HYPNOSIS

Hypnosis is a natural state of mind, which happens several times throughout the day to everyone. Highway trance is a very common experience of hypnosis, we just don't think of it that way.

Hypnosis is a heightened state of focus and awareness where you gain access to internal resources and abilities normally outside the range of conscious control.

HYPNOTIC CHANGE

Hypnosis can help you create a more relaxed attitude to life:

We use:

- Positive Phrases to instill your new behavior patterns
- The benefits relaxation techniques are reinforced and anchored into your body
- See yourself in control in the future
- Root Causes are explored to see if there are any psychological reasons why you experience so much anxiety or stress
- Post Hypnotic Triggers are created to assist you to trigger your suggestions. Great for those areas where you may usually experience difficulties e.g. Taking on too much, focusing on the negative
- Healing root causes creates good conditions for making permanent change



SELF EMPOWERMENT

At Muskoka Hypnotherapy we are dedicated to help you to help yourself. We believe in self-empowerment and encourage you to trust your inner guidance as your healing journey progresses.

FUTURE PACING

We use hypnosis to take you in to the future where you experience yourself living your life to the fullest potential.

You experience yourself filled with confidence, feeling energized, competent, happy and fulfilled.

ALL AGES

Hypnosis is effective for all who want and believe that they can change.

At Muskoka Hypnotherapy we have worked with children as young as three and adults as old as ninety!

**THE KEY TO
EMPOWERMENT
IS INSIDE YOU.**