

## **What is Hypnotherapy?**

Hypnotherapy uses a relaxed state called a trance to create a focused state of concentration. Your mind becomes more quiet and calm.

Your imagination is activated. Answers to your questions and problems may be easily accessible and can be clearer.

**When compared to hypnosis, hypnotherapy** uses more input from **you** (the client) and is much more personalized. Hypnotherapy allows the client many more choices because the hypnotherapist guides the client, but the client can choose the destination. As the client, you only accept the suggestions that are useful to you.

### **You can get help with hypnotherapy:**

- **Sleep problems**
- **Performance anxiety**
- **Trauma**
- **Pain management**
- **Anxiety & phobias**
- **Healing & growth**
- **Shadow work**
- **Inner-child healing**
- **Smoking cessation**
- **Reconnecting and deepening your self-exploration**