



spring newsletter

MARCH 2007

UNLEASH THE POWER OF YOUR UNCONSCIOUS!

Some notes on clinical hypnosis

Let's start with some misconceptions:

- you'll lose control.

No matter how deeply hypnotized you become, you can't be made to do anything. For instance, if I suggested that you rob a bank and you're not a bank robber, you wouldn't do it. And there certainly would be no barking like a dog!

- you'll be asleep.

Although you'll be very relaxed, you won't be asleep. You have an active part in the session.

Hypnosis is not a type of psychotherapy: It's a tool. Hypnosis and your unconscious work together to help you improve the difficulties and challenges you might be facing, from anxiety and depression to relationship concerns.

I've had training with the Southern California Society of Clinical Hypnosis and I'll be glad to discuss this very effective tool.

Take care—

Monica

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