

Frequently Asked Questions about Hypnotherapy

1. Can anyone be hypnotized?

The majority of the population can be hypnotized however I cannot force you into hypnosis. You must be willing to go there. Feel free to take my “Are you hypnotizable?” quiz.

2. How many hypnotherapy sessions does it take before I see a difference?

I recommend at least 3-4 sessions so that we can do our best work to help resolve your situation. Some people notice a difference after the first session and some take longer. Much depends on how deep the emotional issue or situation is.

3. Will I remember the session?

Most people remember the majority of the session. You will remember what you choose to remember.

4. Is it normal to be nervous and scared the first few sessions?

Yes it is. It is something new and unknown to you which may be scary the first few times. You will quickly discover that there is nothing to be afraid of. I also don't have you quacking like a duck or doing anything silly. You can save that for a stage hypnosis show.

5. What does it feel like to be in hypnosis?

Some people describe it as a very relaxed feeling. Others describe it as a dreamy like state, kind of like when you are about to fall asleep at night. Others say they really didn't feel any different at all while in hypnosis. Each person has their own unique experience.

6. What should I expect at the first session?

My clients tell me that they walk out of my office feeling wonderful, like a weight has been lifted off of their shoulders and feel like they have had a fantastic night of sleep or a restful vacation.

7. What should I expect at subsequent sessions?

If you choose to move deeply into hypnosis your sessions may become more interactive where you will be speaking to me. These sessions help you to find the cause of what is going on so that you can do some deep healing and make changes to move forward in your life. If you prefer not to do these deeper sessions that is fine too, we can continue on with non interactive sessions which are highly beneficial as well. You choose your comfort level.

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8. I want to quit smoking. What will that cost?

My package to cease smoking consists of 3 sessions for \$500. I prefer to see you for your first session and then again within a week or two. After that, you have 6 months to use your other session for a powerful boost. Often people become non smokers after the first or second session so if you don't feel like you need the third session for a boost, you are welcome to use it for stress relief or anything else that you may wish to use it for.

Hypnosis is highly effective for people that want to become non smokers but "you" (not your spouse or friend wanting you to stop) must be ready. Save your money until you are truly ready. When you are, I am more than happy to assist you. It gives me great satisfaction to help you to live a healthier lifestyle.

9. If I buy a package of 4 sessions, how long do I have to use them up?

You have one year to use your package of sessions. Many people buy a package and use them as things come up in their lives. Coming for these sessions is like a spa treatment for your mind, body and soul.