

What kind of training does my hypnotist have?

The hypnotists of Delaware Hypnosis Partners are Certified by the National Guild of Hypnotists, the largest and oldest organization for professional hypnosis in the world (www.ngh.net). Your hypnotist is bound by the professional code of ethics of the NGH.

Your hypnotist also has received extensive training and certification in the advanced hypnotherapeutic system known as 5-PATH™. All hypnotists of Delaware Hypnosis Partners are also certified instructors of 7th Path Self-Hypnosis and HypnoBirthing™ Childbirth Education (Mongan Method).

For more information on 5-PATH™ hypnosis and 7th Path Self-Hypnosis, please see www.hypnosiscenter.com. For information on HypnoBirthing™, visit www.hypnobirthing.com

Hypnosis can be your tool for ultimate success

We encourage you to call our office and ask us how hypnosis can help you. We enjoy answering questions about our hypnosis services, and we look forward to speaking to you to explore how hypnosis can be the perfect fit for your future.

Hypnosis makes a great career!

Interested? Ask us about our Certified Professional Hypnotist training course.

Hypnosis can help you succeed where you never thought success was possible!

Hypnosis is one of the fastest growing fields in human potential and achievement. Because of its ability to reach deep into the foundations of the mind and create lasting change, it is an ideal approach to almost any challenge. Here are just a few examples:

Stop Smoking	Weight Loss
Stress Reduction	Self-Esteem
Feeling Down	Self Confidence
Remove Fears	Habit Removal
Motivation	Childbirth
Public Speaking	Stage Fright
Anger Issues	Women's Issues
Goal-Setting	Shyness
Concentration	Mood Improvement
Test Anxiety	Children's Issues
Procrastination	Sports Performance

Medically-Referred Issues:

Pain Management	Alcohol Abuse
Diabetes	Depression
Abuse Issues	Anxiety
Drug Abuse	Sexual Issues

Call us today! We will be happy to answer any questions that you might have so that you can learn more about hypnosis and decide whether hypnotherapy is right for you.

(302) 999-1400

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YES!

Hypnosis Can Help YOU

Delaware Hypnosis Partners

507 S. Maryland Avenue
Wilmington, DE 19804

Change your life,
one thought at a time.

**Anne Shuman Urban
Beth J. Keil**

Certified Hypnotists

(302) 999-1400

info@delawarehypnosis.com
www.delawarehypnosis.com

What is hypnosis?

Hypnosis is a naturally occurring state of mind and body, characterized by a heightened state of focused concentration. While in hypnosis, you allow the part of your mind which holds your own personal blueprint - the subconscious - to come to the forefront. In this wonderfully receptive state, you are able to plant the seeds of lasting, profound change.

What can hypnosis do for me?

Your hypnotist will guide you into a hypnotic state through very simple instructions. Once you have achieved this state of focused concentration, you will receive hypnotic suggestions consistent with the changes you want to make.

Using hypnosis, you can rewrite your inner blueprint. By reducing or even eliminating the impact of limiting, self-defeating, or negative programming, you create a clear space in which to install new, positive programming for the life that you want.

Hypnosis has been used for changing old habits, increasing motivation, reducing stress, and much more. Any mental, emotional or physical situation which is worsened by stress can be improved with hypnosis. In fact, hypnosis has been shown to be effective in reducing stress related illnesses, and is even used for reducing or eliminating discomfort from chronic illnesses. (Please note: For your safety, we require a note from your physician before working with any medical issues.)

Is hypnosis safe?

Yes. Hypnosis is safe. The use of hypnosis has been sanctioned by the American Medical Association since 1958. Hypnosis is a reliable, time-tested method to help you achieve success where other approaches have failed.

Experiencing hypnosis often feels very similar to experiencing a daydream. Usually people feel very relaxed while in hypnosis and emerge from the hypnotic state feeling very refreshed.

Hypnosis has been used for over 200 years, and no one has ever been harmed simply by going into hypnosis. Your hypnotist is highly trained and skilled at making your hypnosis experience safe and effective.

What is hypnotherapy?

Hypnotherapy, simply put, is the application of hypnotic techniques for health and well-being. The words “hypnosis” and “hypnotherapy” have often been used interchangeably.

At Delaware Hypnosis Partners, we believe in addressing the whole person for the best possible outcome. For that reason, our hypnotherapy programs include self-hypnosis instruction for all clients who want to learn it. This allows you to maintain your changes and continue to move forward in your new life, even after you have completed your course of hypnosis with us. (Self-hypnosis instruction is also available separately in our 7th Path Self-Hypnosis™ classes.)

Can I be hypnotized?

Of course you can be hypnotized! You already have been - many times. Whether or not you realized it, you have been hypnotized thousands, if not millions of times. Remember those times when you have been so lost in thought while driving that you missed your exit, or got home as though on “automatic pilot?” That is a naturally occurring kind of hypnosis. So is looking right at your keys and not being able to find them!

Other examples of ordinary everyday hypnosis include daydreaming, or becoming so engrossed in a book that you barely notice your surroundings, or even the emotional responses you have to fictional movies or television programs.

Anyone with at least normal intelligence and a willingness to follow instructions can easily achieve a hypnotic state and make good use of that time in hypnosis to improve his or her life. It is this willingness that transforms everyday trance into powerfully helpful hypnosis.

We now know that all hypnosis really is self-hypnosis, because you are the one who gets to choose to accept those suggestions for the change you want.

Choosing to go into hypnosis on purpose is a wonderful way to step away from the ordinary thoughts of the day and focus on making the changes or dealing with the issues you have come to work on.