

Hypnosis by phone & FAQ

Hypnosis by Phone

Do you do sessions by phone?

Most sessions are done in my office in Bellevue. Phone sessions can be just as powerful provided the client is very motivated to her outcome. Please call or email me to set up a pre-qualifying 30-minute consult. If you have done that and set an appointment, you may pay below with Paypal

"I got more out of our 4 sessions than I ever did in months of counseling therapy"

Nancy Kramer, Seattle Wa
Frequently Asked Questions About Hypnosis, NLP, and Your Sessions

What is Hypnosis?

Everybody involved in studying hypnosis has a different definition for what hypnosis is. Here's my definition: Enhanced suggestibility using guided imagery and language patterns in an altered state of consciousness.

Why Should I Try Hypnosis Now?

You sure don't have to. You can continue to live with the pain or the weight. I'm just offering a solution here. Have you tried everything else? How's it been working for you? I'm only one person and once I'm fully booked, there's nothing I can do for you.

How Much Is This Going To Cost Me?

The initial 30 minute consultation will cost you nothing. If we decide to work together, I have different packages depending on your needs and wants to come up with a solution for you.

Will Insurance Cover Any of the Costs?

It is possible if this is recommended by your primary care practitioner. Every insurance company is different and I will do everything I can to help you get reimbursed. The best way is to have a medical prescription for Hypnotherapy for your issue with the appropriate DSM code on it.

What happens in a personal hypnosis session?

I start by explaining in detail what hypnosis is and what it isn't. I'll then want to find out how suggestible you are so that I can tailor your session to your needs. We'll then talk candidly to determine exactly what emotions, messages, suggestions, images and modes of thought are needed for your unconscious to come on board with the program. I then guide you to the proper brain wave state such that the critical thinking faculty releases it's filter and the suggestions go directly to the unconscious. What does all that mean? It really means you are going to have a very nice, relaxing time in a comfortable setting learning about how your mind can help you ease your issues.

Am I under the hypnotist control?

This is absolute nonsense! At no point, ever, can a hypnotist control you. You are always aware of your surroundings and can reject anything you hear. All of your morals and values are still in place while under hypnosis.

Can anyone be hypnotized?

Absolutely. Anyone who wants to access direct communication and harmony with his/her unconscious mind is a suitable candidate and can enjoy the scientifically-proven benefits of hypnosis.

Does Hypnosis only work on weak-willed people?

Actually the opposite is true. Hypnosis is dependent on following instructions. The more intelligent a person is the more likely they are able to focus.

Can a person be hypnotized against their will?

No chance whatsoever. It is literally impossible. The client must always be totally willing and or it just won't work.

Will I hear everything?

Yes. I need you to be aware in order to take in the suggestions.

What does it feel like?

It feels great! Many clients say that it is like when they begin to wake up in the morning after sleeping. They can hear everything yet feel groggy and prefer to keep their eyes closed

What if I don't wake up?

It's never happened in the history of hypnosis. Most clients want to stay in a state of hypnosis and are disappointed when the session is over!

Is Hypnosis a mysterious magical power?

No. Hypnosis has been approved by the British Medical Association in 1955 and the American Medical Association in 1958. The American Psychological Association approved it as a science in 1960.

Can Hypnosis cause you to reveal your deepest darkest secrets?

Only if you choose to under your own power and feel it would be beneficial to you.

Is Hypnosis Anti-Christian or Anti-Religious?

No, there are no major religions of the world that have a problem with Hypnosis. Even the Catholic Church officially recognized Hypnosis as "licit of licit purposes" according to the New Catholic Encyclopedia.

Does Hypnosis cure illness or disease?

No. Hypnosis by itself cures nothing. My goal, however, is to show you how to access far more of your own dormant healing resources and pain controls for better health and comfort.

Should Hypnosis only be used by trained physicians?

Hypnosis is a tool of communication not medicine. Physicians practice medicine. Hypnotists practice hypnosis. Many physicians have embraced hypnosis and use it in pain control. Psychiatrists often use hypnosis in combination with psychotherapy.

What are the dangers of hypnosis?

The only danger of hypnosis is the fear that some people bring to it. Since the client always retains complete control, anything the hypnotist says or does can be rejected.

What is NLP?

NLP is a set of unconscious (subconscious) communication techniques. As an NLP trainer, I use some of these techniques in our sessions together in conjunction with Hypnosis.

What is the difference between NLP and Hypnosis?

The most obvious is that NLP doesn't require a trance or deep relaxation. The client is guided to new thoughts that interrupt and then change patterns at the neurological level.