

What is hypnosis?

Hypnosis is a state of focused consciousness. Your hypnotherapist will assist you in learning how to achieve this state by guiding you into it.

Once this has been achieved, you will then receive what are called hypnotic suggestions. These suggestions will enable you to use the power of hypnosis in your life and make the changes you desire.

Hypnosis is a tool that can help you just, like it has helped millions of other people to take back control of their lives.

Hypnosis can help you change old habits and to provide you with motivation to do the things that you may have been putting off.

Hypnosis has been sanctioned and used by the medical community since 1958 to help patients overcome chronic pain, create anesthesia, and heal psychogenic illnesses.

Hypnosis and self-hypnosis have been shown to be effective in reducing stress and stress-related illnesses.

Hypnosis has also been shown to help mothers give birth to their children with little or no pain.

Is hypnosis safe?

Hypnosis is safe. It is very similar to experiencing a daydream. Usually you will feel relaxed when doing hypnosis.

Hypnosis in and of itself is a very pleasant experience. It is a time to let go of the other thoughts of the day and focus on the issues you came in to work on.

Scientists, medical professionals, psychologists and hypnotherapists have been using hypnosis for over 200 years and no one has ever been hurt by simply going into hypnosis.

What is hypnotherapy?

Hypnotherapy is the applied use of hypnosis. Therapy can be defined as anything that is done to move someone toward health and wholeness. Thus, hypnotherapy is the use of hypnosis to help you move toward health and wholeness.

Hypnotherapy is also used to help you reach goals when nothing else has helped. See the back panel of this brochure to see a list of uses for hypnotherapy.

Self-hypnosis may also be part of a good hypnotherapy program. Ask your hypnotherapist if using self-hypnosis is recommended to help you reach your goals.

Can I be hypnotized?

Of course you can! You already have been. It's easy to go into hypnosis and it

is a normal state of mind that everyone has already experienced.

In fact, hypnosis is such a normal state of mind, most people usually don't even realize that they are hypnotized.

Normal, everyday hypnosis occurs when you are driving down the road and lose track of time, or, when you are focusing on a book or television program and you don't even notice something that is going on around you.

When you come in for hypnosis, all you need to do is to be able to follow the instructions of the hypnotherapist and you can put the power of hypnosis to work for you.

Anyone of at least normal intelligence and the willingness to follow instructions can experience hypnosis and use it to improve his or her life. This includes children and teenagers.

Who will hypnotize me?

Your hypnotist or hypnotherapist is a highly qualified professional. He or she is certified and registered with the National Guild of Hypnotists.

Your hypnotherapist is bound by professional ethics and the laws of the state in which it is practiced.

In addition, your hypnotherapist has achieved extra certification in the

advanced hypnotherapy system called 5-PATH®. Rest assured that he or she will treat you with respect, and that your visits are completely confidential.

We suggest that you call and speak to us directly so that you can learn more about hypnosis and hypnotherapy. This will allow you to become more familiar with the programs offered and allow us to answer your questions.

Hypnosis can help you succeed when nothing else has worked!

Hypnosis is one of the fastest growing fields of human achievement. As hypnotherapists we are working with people who are frustrated because nothing else has helped them achieve their goals.

They have tried every other avenue that they can think of without success. We use hypnosis, hypnotherapy and teach self-hypnosis so that people like you can succeed in making important changes.

Did you know that many of the most successful professional and Olympic teams use hypnosis to help their athletes win? That's true.

Now you can use this advantage for yourself, whether you are trying to overcome an old problem or if you want to grow to a new level of personal achievement.

Hypnotherapy can also be used as a complementary treatment for some medical and psychological issues. We can

contact your doctor to make sure that using hypnosis is appropriate for your situation.

Appropriate issues may include pain management, stress related illness and any issue that has been labeled psychogenic in origin.

Hypnosis can be your tool for success!

We encourage you to call or come into our office and ask us questions about hypnosis and our services. We enjoy answering questions. It is part of our job.

Hypnosis can help you with the following and more:

- | | |
|-----------------|-------------------|
| Stop Smoking | Weight Loss |
| Anxiety | Stress |
| Remove Fears | Relationships |
| Remove Habits | Alcohol Abuse |
| Drug Abuse | Childbirth |
| Motivation | Stage Fright |
| Public Speaking | Pain Management |
| Anger Issues | Sexual Issues |
| Abuse Issues | Self-Esteem |
| Concentration | Self-Confidence |
| Test Anxiety | Shyness |
| Procrastination | Improve Mood |
| Improve Sports | Children's Issues |
| And, More... | |

Call our office for more information. Your hypnotherapist will be happy to tell you about appointment availability and fees for services.

(951)-733-5566

Copyright © 2003 Calvin D. Banyan. All rights reserved.
www.HypnosisCenter.com

Hypnosis and Hypnotherapy Information

**Learn how
hypnosis and
hypnotherapy can
help you succeed**

**Twylight Hypnotherapy
11801 Peirce St 2nd Floor
Riverside, Ca. 92505**

(951)-733-5566

www.TwylightHypnotherapy.com