

HEALTH

A QUANTUM APPROACH TO TRAUMA

Healing from the effects of childhood and inherited generational trauma can come in many forms. Many people go through much of their lives without the necessary tools for healing. “A lot of people suppress their painful memories,” says Juliet Mandler. “Simply put, this is not healthy.” Juliet brings a different and unique modality for healing and change to the people of St. Johns County. At **QHHT with Juliet M.**, clients have the opportunity to break the psychological, emotional, and physical patterns that harm their ability to live their best life.

“The Quantum Healing Hypnosis Technique (QHHT)[®] is a highly individualized, specific, and effective modality that allows clients to access the subconscious in order to get to the root of why they act the way they do,” says Juliet. “This helps them to break the patterns which prevent them from moving through the emotional blocks that get put up as life goes on.” The goal of a QHHT session is to create harmony between both ‘sides’ of the brain; your intuition (or right side) and your ego (the left side).

Currently a certified Level 1 QHHT Practitioner, Juliet embarked on her journey with this healing method back in 2020. “I love helping people on their path to self discovery,” she says. “Coming from a unique career background has provided me with the opportunity to relate to people from all walks of life.” Today,

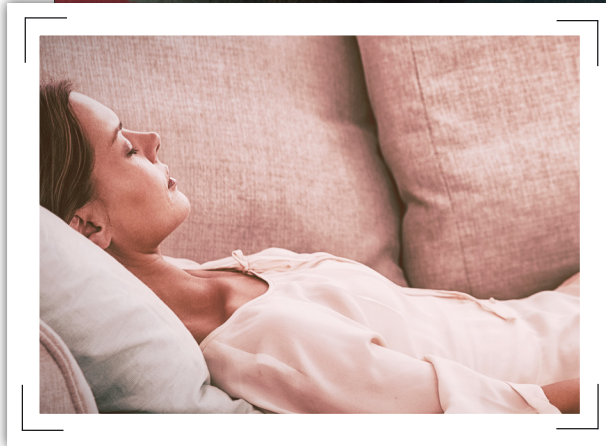
Juliet combines her passion for helping people heal from trauma with her experience as a QHHT Practitioner to give her clients a more personal and in-depth way to heal.

“Each QHHT session contains three steps,” says Juliet. “Step 1 is the pre-hypnosis discussion/interview, which is vital preparation for hypnosis. We will be having a conversation for several hours to build a rapport and establish trust. This process helps me get to know you and for you to know yourself better. Step 2 is hypnosis. This is the time to connect with the higher consciousness to request healing and/or receive answers to your questions. Step 3 is the post-hypnosis discussion. This will bring an in-depth ‘inner-standing’ from reviewing the information that was brought forth during hypnosis.” The cost of each session is All QHHT sessions typically last between five and eight hours and are recorded and emailed to the client after the session takes place.

“Ideal candidates for a QHHT session possess four main characteristics,” says Juliet. “They are ready to heal themselves, are ready to hold themselves accountable for their own healing, are spiritually aware, and they are ready to be of service to others as they start a new chapter in their lives.” For those who are ready



Juliet Mandler



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to help heal themselves, Juliet’s services can provide the tools necessary to achieve inner peace. “Every session is unique,” says Juliet. “Some of my most fulfilling sessions are those where clients go back to their childhoods to resolve

trauma. Those types of sessions, including ones where physical healing is achieved, are always memorable.”

QHHT with Juliet M.

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