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What is Eriksonian Hypnotherapy?

This type of hypnotherapy is the one most commonly practiced by clinical professionals. It is named after Dr. Milton H. Erickson, who was influential in the practice of clinical hypnosis that was gentle, permissive and respectful of patients.

What is a hypnotic trance?

Hypnosis is a natural state of mind that is somewhere between being awake and asleep.

Will I lose control during a session?

You are always in control. Hypnosis is relaxing and you are completely awake during the experience.

Will I remember the session?

Everyone experiences hypnotherapy in his or her own way. There is no right or wrong experience.

Will hypnosis solve my problems?

Hypnosis is not a cure-all but a tool to help you achieve your goals.

How long does it take to change behaviors?

Most clients are able to make a change within three sessions.

The most important tool for your success through hypnotherapy is to have an absolute desire to change your behavior.

Book your appointment today!

412-366-4929

www.everydayhypnotherapy.com