

HYPNOTHERAPY  
AND WHY ITS  
IMPORTANT AND  
POWERFUL

*Brie  
Keese*

# CONTENTS

## 01

WHAT HYPNOTHERAPY IS  
AND HOW I CAME TO FIND IT

## 02

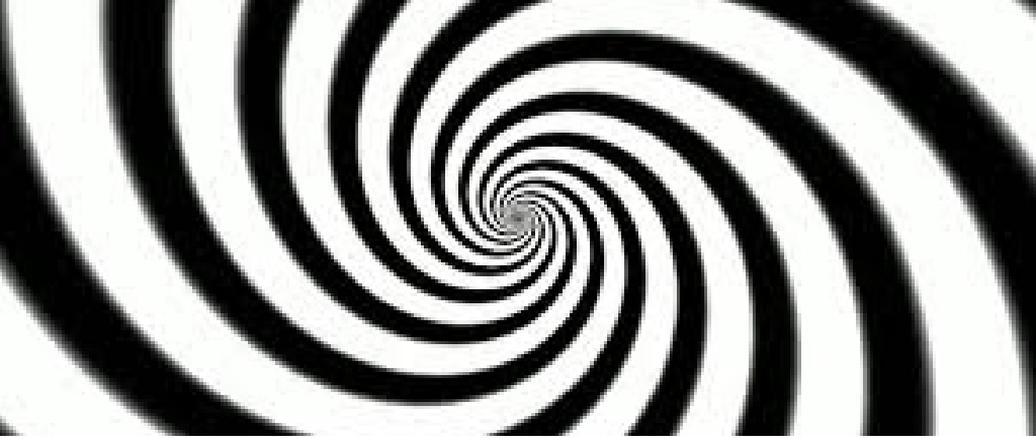
WHAT HYPNOTHERAPY CAN  
HELP PEOPLE WITH AND THE  
DIFFERENT TYPES OF  
HYPNO-TECHNIQUES

## 03

MY BELIEFS AND WHY I USE  
IT TO HELP MY CLIENTS

C H A P T E R

01



It first came across Hypnotherapy back in 2019. My very close friend, Val asked for me to come to the public Library for a special class that helps people figure out their purpose. I truly believed I knew what my purpose already was but supported her in going so that she wasn't alone.

Our Teacher in the class was another redhead named Kellie and what she spoke about were teachings I've learned for decades. She spoke about things like, the Law of Attraction, energy frequencies, and that Growth happens when we are uncomfortable. These were things that I studied and even spoke to friends and family about, for decades. She referenced Dr. Joe Dispenza and even Tony Robbins. I happily thought, " Dang, this lady is speaking my Language! " She then introduced herself as a Hypnotherapist and I began asking so many questions. "What is a Hypnotherapist? Like when a person makes people cluck like a chicken in front of an audience?" She smiled and told me , " No, that's a Stage Hypnotist and is very different , and that everyone asks that and says the same thing."

When the class was all over I walked back to the parking lot, pretty much in a daze. I couldn't help but wonder, so I blurted out to my friend, " Ok, this is crazy, but be honest with me... Can you see myself as a Hypnotherapist?" My friend Valerie then said excitedly, " YES DEFINITELY!" Little did I know that day that I would actually have found my purpose. Magic happens when we least expect it.

Kellie told me a lot about what Hypnosis is and isn't and I scheduled my first session with her just weeks later. That one session was so powerful and changed my life. Seriously. I stopped my alcohol drinking addiction and saw my cat who told me what she wanted me to even call her. It was wild! I'm not even a cat person and she wasn't even born yet. She later was born 8 months after that one session.

I then went on and enrolled myself into Hypnotherapy School, finding the best one , and diving head first into this life long, fascinating career.

You probably have so many questions after reading this, like I did. So let me explain what Hypnotherapy is.

Hypnotherapy is a form of therapy that uses hypnosis to help people overcome a wide range of issues, such as phobias, addictions, and negative thoughts. In a typical hypnotherapy session, the therapist will guide the client into a hypnotic state, which is a state of deep relaxation and heightened suggestibility. While in this state, the therapist will make suggestions to the client's subconscious mind, in order to help them overcome their issue or achieve a specific goal.

During hypnosis, the client's mind is highly focused and receptive to suggestion, which can make it easier for them to make positive changes. For example, if a client is trying to quit smoking, the hypnotherapist may make suggestions to their subconscious mind to reduce cravings and increase their desire to quit.

The idea is that by repeatedly visualizing the desired outcome in a relaxed and focused state, the client will be more likely to make it a reality.



C H A P T E R

02

Hypnotherapy can be used to help people with a wide range of issues, including:

- quitting smoking
- losing weight
- reducing stress and anxiety
- overcoming phobias and fears
- improving self-confidence
- Improving sleep
- Enhancing sports and athletic performance
- Improving creative thinking and problem-solving
- and so much more

It's important to note that hypnotherapy should be performed by a trained and board certified Hypnotherapist, and it should not be used as a replacement for medical treatment or medication.

The subconscious mind is the part of the mind that is responsible for controlling our automatic thoughts, behaviors, and emotions. It is the part of the mind that is responsible for our habits, beliefs, and patterns of thinking. The subconscious mind is also responsible for controlling many of our bodily functions, such as our heart rate and breathing.

The subconscious mind is often described as the "autopilot" of the mind, as it is responsible for performing many of our daily tasks without us being aware of it. It also plays a key role in our emotions and behaviors, as it is responsible for storing our memories and past experiences, which can influence our current thoughts and actions.

The subconscious mind is also believed to be the source of our creativity and intuition, as it is able to process information and make connections that the conscious mind may not be aware of.

In hypnotherapy, the therapist aims to access the subconscious mind by inducing a hypnotic state in the client, which allows them to make suggestions directly to the subconscious mind, to help the client overcome their issue or achieve their goal.

It's important to note that the subconscious mind is not a separate entity from the conscious mind, and the two are interconnected, and the information and experiences that are stored in the subconscious mind can be accessed and changed with the right techniques such as hypnotherapy, NLP and CBT.

Cognitive Behavioral Therapy (CBT) is a type of psychotherapy that focuses on helping people to change the way they think and behave. It is based on the idea that our thoughts, feelings, and behaviors are all interconnected and that by changing the way we think, we can change the way we feel and behave.

CBT typically involves working with a therapist to identify negative or unhelpful thoughts and beliefs, and then challenging and changing them. This can be done through a variety of techniques, such as thought records, where clients write down their thoughts and then challenge and reframe them, or behavioral experiments, where patients test out their beliefs by engaging in specific behaviors.

Neuro-Linguistic Programming (NLP) is a method of communication, personal development, and psychotherapy. NLP is a way to understand and change human behavior and communication. It is based on the idea that the way we communicate with ourselves and others can shape our thoughts, emotions, and behaviors.

NLP techniques include changing negative self-talk, reframing negative thoughts and beliefs, and building rapport with others. It also includes techniques such as anchoring, where a person links a specific feeling or emotion to a certain cue, so they can access that feeling or emotion whenever they need it.

Both CBT and NLP are considered evidence-based therapies, and they can be used to help people overcome a wide range of issues, including anxiety, depression, and phobias. They can also be used to improve overall well-being, self-esteem and personal development.

The power of hypnotherapy visualization lies in its ability to tap into the subconscious mind. When a person is in a hypnotic state, their subconscious mind becomes more open to suggestion and is more receptive to positive change. By having the client visualize a specific scenario or outcome, the therapist is able to plant an idea or goal in the client's subconscious mind, which can then influence their thoughts, emotions, and behaviors.

Visualization can help to create new neural pathways in the brain, which can help to change patterns of thinking and behavior that may have been holding the client back. It can also help to increase motivation, focus, and self-confidence, which can be beneficial for achieving a wide range of goals.

Additionally, visualization can be used to help clients overcome phobias or negative thoughts. By visualizing themselves successfully overcoming a fear or dealing with a negative thought, the client can begin to build a new, more positive association with the issue, which can help to reduce the intensity of the fear or negative thought.

Overall, Hypnotherapy visualization is a powerful tool that can help people to achieve their goals, overcome their fears and phobias, and improve their overall well-being.



C H A P T E R

03



I am a Dreamer. I believe that why we are here is to learn how to come back to our Soul. Have you ever watched the Soul movie? It was one that really impacted me in a big way. I also read in a book somewhere, ok many books and conversations with others.... Oh and tiktok and google - that the Journey is the reward and not the destination. So we better make it good.

Our Guides, the Holy Spirit, Source, Jesus, Yeshua, My Angels, My Higher Power, Love, The Great I Am, all of that is truly pointing to the same thing. God is Love and Love is God and it is found everywhere, especially within.

You already love yourself. It's about finding yourself again, going back to your soul. The majority of those "manifesting guru's" out there, those spirituality and manifesting Teachers all talk about how "you just need to love yourself." That really is your Human self, or your Ego, spiritual ego high-jacking the journey that can keep you on an exhausting hamster wheel, forever if you let it.

My Hypno-Coaching Practice is centered around helping others return to the recognition of who they already and truly are. A Remembering and knowing so that they can start co-creating the life they have dreamed of, consciously.

Just after one Hypno coaching session, my clients said they experience even more synchronicities and they can tell they feel more spiritual and light. I love helping people see the light, their light. We are not separate from source, but really whole, made with Love.

Helping people get their subconscious thoughts working for them, is what lights me up!