

**Are you a counselor working with individuals and/or groups to help your clients kick their habit and sustain their recovery? I have created a program intended to help *you* to help *them*. You can view it in a slideshow at [www.hypnosis4love.com/sustainyourrecovery](http://www.hypnosis4love.com/sustainyourrecovery). I hope you will find it useful.**

Prior to becoming a hypnotist, I practiced acupuncture for 20 years. My interest in mind-body healing is ongoing. Here are some things I experienced while working in alcohol and drug treatment centers:

*1. The original acupuncture protocol to treat drug and alcohol addiction involved inserting needles in five points in each ear. The needles were retained for approximately 45 minutes before being removed.*

*2. To administer this protocol I needed to experience it firsthand. I can sum up that experience in three words—clarity, detachment and joy—in that order. The potential benefits for clients became clear. With greater clarity they could see their situation more clearly, without filters. Greater detachment could help them develop objectivity so they would not take things personally or react reflexively. Feelings of joy and bliss could provide the connection and sense of wholeness that all people long for.*

*3. At an out-patient clinic in New York where I worked as Acupuncture Supervisor, men with high rates of recidivism joined a weekly group facilitated by an experienced counselor. The only requirement to join was that the men agree to an ear acupuncture treatment immediately prior to the counseling sessions. The results were impressive. After one year everyone in the group had stopped using.*

*4. When I moved to another state, I learned that many of the treatment centers had lost their funding and had closed. Also, the results of a large study of the auricular acupuncture protocol had failed to demonstrate any statistically significant gains. Nevertheless, many clients I met at the various facilities where I worked maintained that the acupuncture treatments helped them more than anything.*

*5. The question for me then became: How could I take the positive results people were experiencing from acupuncture to the next level? My study and practice of hypnosis provided the answer. The states of Clarity, Detachment and Joy/Bliss could be elicited or enhanced through a combination of finger pressure on a single point in the ear (Spirit Gate), followed by listening to one of three guided trance journeys. The recordings create a deeply relaxing effect on body, mind and spirit. I believe that clients who listen to one of these recordings prior*

*to each counseling session will be more receptive to the process and better able to maintain their sobriety.*

**6.** *To serve the greatest number of people, I have made the recordings very affordable (\$3.99 each). You can order them on the Featured Products page.*