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BRIGHTO

HYPNOTHERAPY



Brighto
MIND REHAB
Hypnotherapy

NEWSLETTER

WHAT IS HYPNOTHERAPY

Hypnotherapy is a form of therapy that utilizes hypnosis to help individuals achieve positive changes in their thoughts, behaviors, and emotions. By inducing a state of deep relaxation and heightened focus, hypnotherapy can be effective in treating various conditions, such as anxiety, phobias, smoking cessation, and weight management. It harnesses the power of the subconscious mind to promote healing and personal growth.



TALK WITH YOUR SUBCONSCIOUS

Hypnotherapy works with the subconscious mind by accessing and influencing the deeply rooted beliefs, thoughts, and emotions that shape our behavior and experiences. During a hypnotherapy session, the therapist guides the individual into a relaxed state, known as a trance, where the conscious mind becomes less active, allowing access to the subconscious. In this receptive state, positive suggestions and imagery are utilized to reframe negative beliefs and perceptions. By bypassing the critical conscious mind, hypnotherapy can help individuals tap into their inner resources, make desired changes, and develop new patterns of thinking and behaving. It can also uncover and address underlying issues that may contribute to psychological and emotional challenges.

CHOOSE YOUR HYPNOTHERAPIST WISELY



Research the background of anyone who claims they can do hypnosis. Well qualified hypnotherapists are graduates of certified training programs, and are members of a professional society such as the International Association of Interpersonal Hypnotherapists

HYPNOTHERAPY WORKS

- Anxiety disorders
- Phobias and fears
- Smoking cessation
- Weight management
- Insomnia and sleep disorders
- Stress management
- Chronic pain management
- Depression
- Post-traumatic stress disorder (PTSD)
- Irritable bowel syndrome (IBS)
- Addiction and substance abuse
- Performance anxiety (public speaking, sports, etc.)
- Nail biting or other habits
- Self-esteem and confidence building
- Obsessive-compulsive disorder (OCD)
- Anger management
- Relationship and marital issues
- Exam and test anxiety
- Hot flashes
- Enhancing creativity and motivation

WHAT IS BRIGHTO HYPNOTHERAPY



- I am a certified clinical and transpersonal hypnotherapist, and a member of the International Association of Interpersonal Hypnotherapy. I have been a paramedic for nearly 50 years and has worked as an emergency registered nurse, and is a hospital based neurology nurse practitioner.
- Always interested in how the brain and mind works I has been on a path to continually learn more about structure, function and diseases of the nervous system. During COVID I had many co-workers who suffered from the stress and anxiety of working in healthcare during this most unique time. The opportunity to learn hypnotherapy was an opportunity to help many of his peers.
- In 2021 Brighto Hypnotherapy was launched. I see clients remotely with the goal of improving the quality of your life. I have successfully worked with many different issues such as stress, anxiety, reducing the effects of hot ashes, improving function for stroke providers, forensic event recall, weight loss, smoking, childhood trauma, and even past life experiences. Hypnotherapy is an adjunctive modality that is to be utilized along with your classical medical treatments.
- Call, text, email for a 20 minute free consultation
- Brighto Hypnotherapy is powered by LOVE, LAUGHTER and MUSIC

www.brightohypnotherapy.com, feelbetter@brightohypnotherapy.com



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It's important to note that hypnotherapy should be used in conjunction with other appropriate treatments and under the guidance of a qualified hypnotherapist or healthcare professional