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BRIGHTO



Brighto
MIND REHAB
Hypnotherapy

HYPNOTHERAPY

NEWSLETTER #2

WHAT IS A STROKE?

Strokes are a medical condition that occurs when the blood supply to the brain is disrupted, leading to the death of brain cells. Strokes can be caused by a blockage in a blood vessel (ischemic stroke) or the rupture of a blood vessel (hemorrhagic stroke). The symptoms of a stroke can vary depending on the area of the brain affected but commonly include sudden weakness or numbness, difficulty speaking or understanding, severe headaches, and loss of coordination. Strokes require immediate medical attention as they can cause long-term disability or even be fatal. Rehabilitation and preventive measures are essential for stroke survivors.



CHOOSE YOUR HYPNOTHERAPIST WISELY

Gregg MacDonald is a highly skilled professional with extensive experience in the field of neurology as a nurse practitioner and clinical hypnotherapist. With a strong background in neurology, Gregg has a deep understanding of the complexities of the brain and its functions. This expertise allows Gregg to provide comprehensive evaluations, accurate diagnoses, and effective treatment plans for patients with neurological conditions. Additionally, he has advanced stroke specific skills in hypnotherapy, utilizing innovative techniques to help individuals manage emotional and psychological challenges, improve physical rehabilitation, enhance cognitive function, and promote positive lifestyle changes. With a compassionate and patient-centered approach, He is dedicated to helping individuals achieve optimal well-being and recovery.

HOW HYPNOTHERAPY CAN HELP STROKE SURVIVORS

- HYPNOTHERAPY CAN BE A BENEFICIAL COMPLEMENTARY THERAPY FOR STROKE SURVIVORS, HELPING THEM IN VARIOUS WAYS DURING THEIR RECOVERY PROCESS. FIRSTLY, HYPNOTHERAPY CAN ASSIST IN MANAGING THE EMOTIONAL AND PSYCHOLOGICAL IMPACT OF A STROKE. MANY SURVIVORS EXPERIENCE ANXIETY, DEPRESSION, AND POST-TRAUMATIC STRESS DISORDER (PTSD) FOLLOWING A STROKE. HYPNOTHERAPY TECHNIQUES, SUCH AS RELAXATION AND VISUALIZATION, CAN HELP REDUCE ANXIETY, IMPROVE MOOD, AND ALLEVIATE SYMPTOMS OF PTSD.
- SECONDLY, HYPNOTHERAPY CAN AID IN PHYSICAL REHABILITATION. BY UTILIZING TECHNIQUES LIKE GUIDED IMAGERY AND SUGGESTION, HYPNOTHERAPY CAN ENHANCE MOTOR FUNCTION AND FACILITATE THE RELEARNING OF MOVEMENT AND COORDINATION. IT CAN ALSO HELP ALLEVIATE PAIN AND DISCOMFORT ASSOCIATED WITH POST-STROKE CONDITIONS SUCH AS SPASTICITY OR NEUROPATHY.
- ADDITIONALLY, HYPNOTHERAPY CAN ASSIST IN COGNITIVE REHABILITATION. STROKE SURVIVORS MAY FACE CHALLENGES WITH MEMORY, ATTENTION, AND PROBLEM-SOLVING SKILLS. HYPNOTHERAPY CAN HELP ENHANCE COGNITIVE ABILITIES THROUGH VISUALIZATION AND MENTAL REHEARSAL TECHNIQUES, FOSTERING NEUROPLASTICITY AND IMPROVING COGNITIVE FUNCTION.
- FURTHERMORE, HYPNOTHERAPY CAN AID IN MODIFYING UNHEALTHY BEHAVIORS AND PROMOTING POSITIVE LIFESTYLE CHANGES. MANY STROKE SURVIVORS MAY NEED TO MAKE ADJUSTMENTS IN THEIR DIET, EXERCISE ROUTINE, AND STRESS MANAGEMENT. HYPNOTHERAPY CAN HELP INDIVIDUALS OVERCOME RESISTANCE TO CHANGE, REINFORCE MOTIVATION, AND ESTABLISH NEW HEALTHY HABITS.
- IT IS IMPORTANT TO NOTE THAT HYPNOTHERAPY SHOULD BE USED AS A COMPLEMENTARY THERAPY ALONGSIDE CONVENTIONAL MEDICAL TREATMENT AND REHABILITATION PROGRAMS. STROKE SURVIVORS SHOULD CONSULT WITH THEIR HEALTHCARE TEAM AND WORK WITH A QUALIFIED HYPNOTHERAPIST WHO HAS EXPERIENCE IN WORKING WITH STROKE PATIENTS.

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 flashes, 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



**FREE 30
MINUTE
CONSULTATION**

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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