

Michele Griffin began her healing career after obtaining a Bachelor of Science in Health Sciences and a Master of Science degree in Occupational Therapy. As an occupational therapist, she treated many diverse populations in both psychosocial/ psychiatric as well as physical disability settings. She then worked as a pediatric occupational therapist, gaining extensive knowledge in varied pediatric issues. She provided services through early intervention and schools, providing direct treatment for children with autism, developmental/fine motor skill delays, visual motor/perceptual deficits, physical disabilities, and children with sensory processing issues. Michele is a published author, writing two books for children with sensory issues. One of the books received the 2010 Book of the Year Award by Creative Child Magazine.

Over time, Michele's professional skills morphed into more holistic healing methods. She became very aware of the power of the mind-body connection. This led to a progression of certifications in the areas of transformational hypnosis and level three practitioner of Usui Reiki. She maintains a strong meditation practice and encourages everyone to learn about the benefits of this powerful tool for insight and mindfulness .

Michele is passionate about educating people on the use of hypnosis for a variety of issues facing children, teens and adults. She enjoys working with people to address everyday issues such as fears/phobias, insomnia, and managing addictions like smoking, overeating, overspending. Preparation for surgery is another area she feels strongly about integrating as part of a medical plan of treatment. From her experiences as a hypnotist and mother, she also is passionate about helping children and teens learn stress management, improve self confidence/performance in test taking and enhancing athletic performance. Hypnosis is an effective, safe, noninvasive tool that can benefit anyone experiencing conflict in their life. Michele's extensive medical background coupled with her interest in the mind-body connection, offers a well-rounded experience to bring with her into her hypnosis practice. Her goal is to help clients attain a "peaceful mind" (hence the name of her practice), and to live their lives to their fullest potential. She is a member of the National Guild Of Hypnotists and an Associate member of the American Society of Clinical Hypnotists.

In addition to all of her degrees and certifications, Michele is also currently pursuing a certificate in Life Coaching. In her spare time, Michele does volunteer work through her church and teaches religious Education classes for children for 15 years. In addition, Michele is an active volunteer for the Leukemia Lymphoma Society. When Michele isn't meditating or reading, she loves to spend time with her husband, three children, and two dogs.

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