



Clinical Hypnosis – Enhancing Your Therapy Experience

Mary Winn, LCSW, CHt, RRT / RTR - Therapy with Mary

For many people, incorporating clinical hypnosis, or hypnotherapy, into their therapy sessions can be a very effective way to help them create lasting changes; becoming the person they want and deserve to be. Through hypnosis, a person can learn to change their thoughts, feelings, behaviors and attitudes.

Recognized by renowned organizations like the Mayo Clinic and Jefferson University Hospitals, hypnotherapy has been a proven method for people struggling with issues such as confidence, relationships, anxiety, stress, trauma, PTSD, depression, insomnia, smoking, obesity, phobias and many more of life's issues.

Using guided relaxation and focused attention to achieve a naturally occurring state of heightened awareness, clients are more open to embrace a specific thought or task. Although you're more open to suggestion during hypnosis, you don't lose control over your behavior. You are still conscious, but your conscious mind is extremely relaxed. No one can take control of you and make you do silly things while you're hypnotized unless you allow it.

Have you ever day dreamed, perhaps of walking on a beach, and then woke up realizing you are still sitting at your desk with the same pile of work in front of you? Day dreaming is a similar experience to hypnosis.

The subconscious controls emotions, desires, memory, habits, thoughts, dreams, and automatic responses. One may consciously understand the value of eliminating problematic emotions, thoughts or behaviors, but unless the subconscious mind is reached, enduring change is unlikely.



With Clinical Hypnosis, you will be guided through engaging the subconscious mind and eliminating the ongoing influence from troubling past events, with healing taking place, and change becoming automatic. Negative habits and painful emotions are replaced by positive actions and feelings of well being.

A wonderful side affect for most people is the amazing state of relaxation that follows the hypnosis session. Many people have said that they have never really experienced relaxation before, and now, knowing what it feels like, they want more!

If you'd like more information, or wish to make an appointment, please call either the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.

Therapy with **Mary**

Mary Winn LCSW, CHt

O: 561-598-8585 C: 561-234-6778

www.TherapyWithMary.com

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12177 Ken Adams Way Ste. 153
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