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# News Toronto & GTA

Fri, January 4, 2008

## Hypnotists mind what you think

### 'It's not like you see on TV,' T.O. expert says

By KEVIN CONNOR, SUN MEDIA

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Debbie Papadakis wants people to know that hypnosis is about improving their life -- not getting them to quack like a duck.



Hypnotist Debbie Papadakis says her profession explores the subconscious mind because that is where the inner fears are. (Greg Henkenhaf/Sun Media)

The board-certified master hypnotist along with other professionals in the field want to share the truths about their practice today -- World Hypnotism Day.

"It's not like you see on TV," Papadakis said.

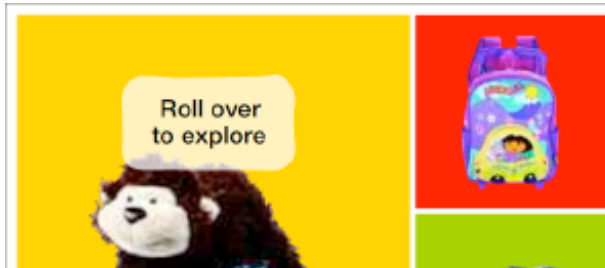
"Basically a hypnotist can help overcoming fears and obstacles, sleep disorders, relationship issues and get rid of stress.

"We all have the power to live happy, healthy lives. Through hypnosis we can tap into a hidden power and dispel fears and limiting beliefs, heal our mind and body and make positive lasting changes in our lives."

#### TOTALLY AWARE

A person undergoing hypnosis is not asleep, but is totally aware of their surroundings, she said.

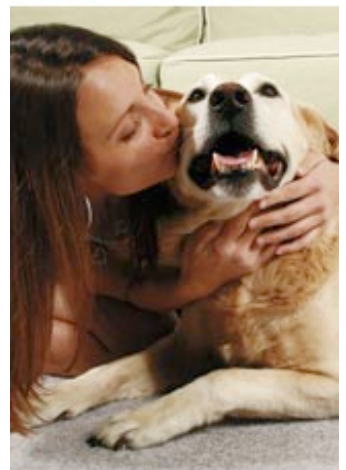
"We explore the subconscious mind



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because that is where the inner fears are," said Papadakis, who is also director of the Hypno Healing Institute in Toronto.

Freeda Hussain says she hasn't had a cigarette in six months after attending Papadakis' institute.

"A lot of people have a negative impression about hypnosis, but I wanted to see if this nonsense would work," Hussain said.

"It helped every facet of my life. I had issues with my mom and now we have an excellent relationship. I had problems with co-workers and now we are fine."

Kathy, another patient who asked that her last name not be used, went to the institute for emotional issues.

**'POSITIVE EXPERIENCE'**

"I read about Debbie in Oprah's magazine and I went to meet her. She didn't promise my whole life would be better, but she helped clear things up in my subconscious which helped me feel better.

"I had a very positive experience. I never had insomnia, but now I'm even sleeping better," she said.

A hypnotism session usually lasts two hours and costs \$200 an hour.

As a general rule, there would be a maximum of 12 sessions.

Papadakis is holding a seminar tonight as part of World Hypnosis Day at the Latvian Centre, 4 Credit Union Dr., at Eglinton Ave. E., from 6:30- 9 p.m.

Proceeds go to the Oprah Winfrey Leadership Academy for Girls.

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