

HYPNO HEALING INSTITUTE INC.

“Spark Your Fearless Self”

355 Keele Street, Toronto, Ontario M6P-2K6, 416-760-8996. Toll Free 1-888-758-3223
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Background Information

Hypnosis: Dispelling Myths & Misconceptions

The most common myth and frequently asked question in Hypnosis is “Will I lose control over myself?”

Most people’s understanding of Hypnosis is what they have seen of stage hypnosis, which is for entertainment purposes. In contrast, clinical or therapeutic hypnosis is a legitimate, effective and lasting therapy that can help resolve many issues and addictions.

“We are on auto-pilot, in a state of mild hypnosis, during many of the activities we engage in on a daily basis like, driving, watching TV and washing dishes”, says Debbie Papadakis, Master Hypnotist & Trainer, Hypno Healing Institute. “Hypnosis is actually a heightened state of awareness or focused attention”, she adds.

At Hypno Healing Institute, an initial consultation where-in Debbie and the client pre-determine and agree upon the outcome of the process is followed by an in-depth questionnaire for the client to complete. This allows Debbie to understand all aspects - physical, mental, emotional and spiritual - of the client’s life with regards to the specific issue they are dealing with. Once the root cause of the issue is uncovered and resolved through hypnosis, the client can then achieve the therapeutic results desired. **“I am very passionate about utilizing hypnosis to help people uncover the power of the mind. Unlocking the door to the subconscious mind helps get to the root cause of issues and provides the ability to transform or release that which is holding you back”** Debbie Papadakis.

Understanding the value of Hypnosis - An alternative/natural approach to remedy emotional distress and physical dis-ease:

Hypnosis is the bypass of the critical factor of the conscious mind and the establishment acceptable selected thinking.

Clinical/Therapeutic hypnosis is a gentle, non-invasive experience. Your body becomes very relaxed while your mind is very focused. You are always in control of yourself and can stop the process at any time you choose.

Hypnosis is communicative process that allows a person’s conscious and subconscious minds to believe in the same positive message. During hypnosis the body and conscious mind are in a relaxed state – critical judgment is suspended - while the subconscious mind remains alert and receptive to suggestion - focused attention.

The practice of hypnosis dates back to the 1700’s. The word “mesmerize” is attributed to Anton Mesmer who practiced Hypnosis during that time. Today, doctors, dentists and even some hospitals are using therapeutic hypnosis for pain management and to speed up the healing process

“Archeologists find artifacts; similarly Hypnosis is a way of accessing the subconscious mind to get to the root cause of most physical and emotional

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problems” explains Debbie. Hypnosis is a way of accessing and releasing problems created by (negative) decisions and beliefs formed by past (negative) experiences and the accompanying emotional distress and/or physical dis-ease.

Better known for its successful application for smoking cessation and weight loss, the efficacy of hypnosis in dealing with addiction, pain management, self-improvement, sleep, anxiety and rehabilitation is steadily gaining recognition. According to Sebastian Schulz-Stubner, MD, Ph.D., an anesthesiologist at the University of Iowa, hypnosis is approximately 65-70 percent effective against pain. Surgical teams now prepare patients for surgery with hypnosis to reduce the needed anesthetic, simplify the procedure, reduce pain, and speed healing (Time, 2006)

Debbie Papadakis is a: Board Certified Hypnotist and Certified Instructor with the National Guild of Hypnotists (NGH) and the International Medical & Dental Hypnotherapy Association (IMDHA); Certified Master Practitioner in Counselling Psychology (CPCA); and the Founding Director of Hypno Healing Institute Clinic & School in Toronto. Debbie's recent achievements include the NGH 2012 Order of Braid & IMDHA 2012 Life Diplomate in Hypnotherapy Award. Debbie has been featured in: Oprah's 'O' Magazine & 'O's Big Book of Happiness'; Elle Canada Magazine; Zoomer Magazine; Zoomer Radio - The Conspiracy Show AM740 and CFRB 1010AM - Friendly Fire amongst other media.

Hypno Healing Institute offers private sessions, workshops, professional hypnosis certification training and other programs. Visit our website: www.hypno-healing.com or call (416)760-8996.

Proceeds from January 4th 2013 workshop will be donated to Leave Out Violence (LOVE)

www.leaveoutviolence.org

Leave Out Violence (LOVE) is an award-winning youth violence prevention organization whose mission is to reduce violence in the lives of youth and in our communities by building a team of youth who communicate a message of non-violence. Since LOVE began in 1993, these youth have been using the media tools they create and the life skills they learn to promote non-violence youth-to-youth across cultural, political, racial, religious, socio-economic and geographical boundaries.