



**SUNRISE**  
Hypnotherapy Clinic

## Clinical **HEART-CENTERED** Hypnotherapy

“Heart-Centered Hypnotherapy” allows you to get in touch with your core issues more rapidly than conventional talk therapy. It helps to purge the body of pain, sadness, old anger, grief or any negative feelings you may be holding onto and would like to get rid of. It leaves you lighter and freer. It helps you to open your heart to yourself and approach your difficulties from a place of love and self-acceptance.

### **Heart-Centered Hypnotherapy Helps Treat:**

Loss and Grief · Weight Issues · Relationship Difficulties  
Self-Harm/Suicidal Thoughts · Addictions · Fears & Phobias  
Trauma Recovery · Anxiety · Codependency · Depression  
Coping Skills & Stress Management · Age-Regression  
Domestic/Intimate Partner Violence · Substance abuse  
Life Transition & Adjustment

**(253) 777-9782**

[www.sunrisecouplestherapy.com](http://www.sunrisecouplestherapy.com) · [www.sunrisefamilytherapy.com](http://www.sunrisefamilytherapy.com)

Office Locations:

Tacoma  | Federal Way | Puyallup



**Sunrise**  
**Couples Therapy**  
Connect | Share | Repair

## **What to Expect**

What happens during each individual session is specific to the client. It isn't tailored to what I want or need. It is made to what the clients needs are. Here is a big secret of hypnotherapy: you the client are the one who is in control. As a hypnotherapist, my role is to serve as your tour guide. You decide where we go. Getting and sharing the right information at the start is what determines everything that happens for the rest of the session.

## **The Induction**

The induction is the process where the client is led into that very relaxed high learning state known as hypnosis. The entire time during the induction and while you are in that very relaxed state you are going to hear everything and be aware of everything that is taking place. Once the initial induction is complete, I use some short tests to determine how deep the client is. In many cases I will use some techniques that allow the client to enter a deeper level of trance if needed.

## **The Therapy**

This is where the "change work" takes place. It may be where we go through the process needed to help you with pain management, weight release, becoming a non-smoker, overcoming fear of public speaking or something else. The therapy that is done is only what you have said at the beginning of the session that you want done. In most cases, with your permission, I provide a post hypnotic suggestion (PHS) that is a trigger to give you a tool for your use once you have left.

## **Transition to Wakeful Awareness**

The final portion of the session is to simply bring you out of your trance. This is a gentle, orderly process. It is not done in any hurry. Because hypnosis is so relaxing and enjoyable, many clients want to stay right there. When you are wide awake, I'm there to welcome you back, check in with you and answer any questions you have. One of the most exciting aspects of hypnotherapy is just how quickly change can be manifested in people's lives through this tool.