

ABOUT ME



With the desire for helping others and a fascination for hypnotherapy, I have joined my two passions for the purpose of helping people heal in mind, body, and spirit.

In preparation for this venture I have accumulated education, training and certifications from the Sylvia Browne Hypnosis Training Center and the Hypnosis Motivation Institute. I have acquired over 1000 hours of instruction specializing in spiritual and clinical hypnotherapy.

I have dedicated my life to helping others and I look forward to serving you.

Thank you,

Brenda Witherspoon, C.Ht.

Certified Hypnotherapist

Certified Hypnotist by Sylvia Browne

C.Ht. Certification# AL011777 SBHTC# 04212007

- MEMBERSHIPS -
 AMERICAN HYPNOSIS ASSOCIATION
 HYPNOTHERAPIST'S UNION LOCAL 472

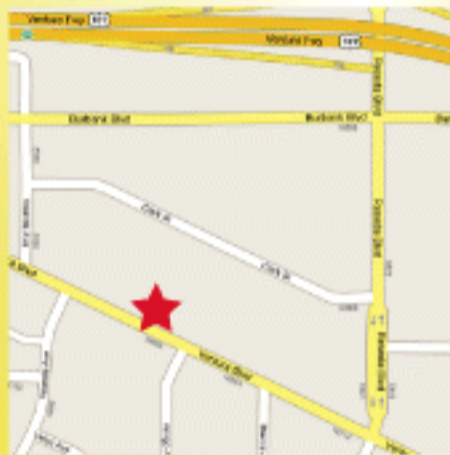
CONTACT ME

PHONE (818) 445-4592

OFFICES AT:
 Hypnosis Motivation Institute
 18607 Ventura Blvd, Suite 310
 Tarzana, California 91356



-From 101 Freeway-
 Exit# 23 to Reseda Boulevard
 Head SOUTH to Ventura Boulevard
 Turn RIGHT on Ventura Boulevard
 HMI is 1/2 block on the RIGHT
 Park in lot behind building
 (validated parking)



WWW.HEALINGHYPNOTIST.COM

Brochure design by Brenda Witherspoon



PHONE (818) 445-4592

Call today for a free consultation!

TOLL FREE (877) 600-1177

BENEFITS of HYPNOTHERAPY

- Control Habits
- Reduce & Manage Pain
- Increase Sports Performance
- Stress & Anxiety Management
- Self-Control
- Create Change
- Achieve Goals
- Enhance Intuition
- Learn Self-Hypnosis
- Overcome Fears
- Alter Behavior

What do you want to change about your life?

Specializing In:

- PAST LIFE REGRESSION
- THERAPEUTIC IMAGERY
- SMOKING CESSATION
- PAIN MANAGEMENT

HYPNOSIS

Hypnosis is a mental state ideal for learning new things and altering old behaviors. It is achieved by being physically relaxed while remaining mentally alert. It is the opposite of being unconscious. It is being super conscious.

We access the state of hypnosis on a daily basis and even transition through hypnosis as we fall to sleep each night. In our normal waking state we process information on the Beta level of brainwave activity. In hypnosis, our brainwave activity reaches the Alpha and Theta states.

A hypnotherapy session utilizes this natural process to harness the power of the subconscious mind to achieve positive changes.

Like a magnifying glass capturing the rays of the sun to create a powerful stream of energy, hypnotherapy captures the attention of the subconscious mind to create dynamic results.

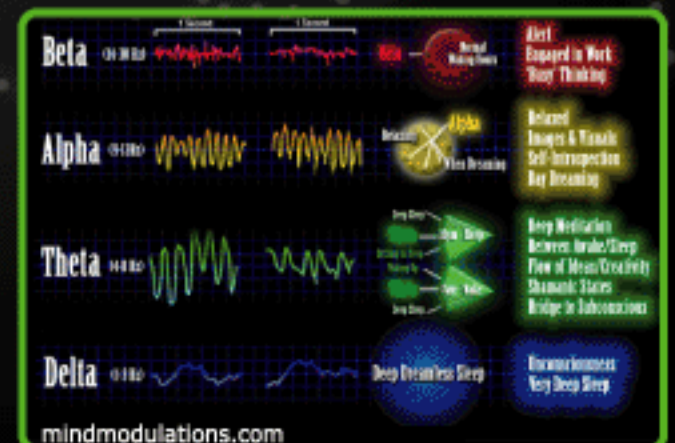
Thank you for your interest in hypnotherapy and please feel free to contact me with any questions or special requests.

WHAT IS THE SUCCESS RATE OF HYPNOTHERAPY?

A survey of psychotherapy literature by Alfred A. Barrios, Ph.D. revealed the following recovery rates:

- Psychoanalysis: 38% recovery after 600 sessions
- Behavior Therapy: 72% recovery after 22 sessions
- Hypnotherapy: 93% recovery after 6 sessions

Source: American Health Magazine



Hypnotherapy is not licensed by the state as a healing arts practice and some conditions may require a medical or psychological referral.

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