

If  
you're  
ready...

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hypnosis  
can  
help!

# Hypnosis for Weight Loss

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# Hypnosis Basics

## What is it?

Hypnosis is a method of using deep therapeutic relaxation and suggestion to access your inner resources in order to enhance motivation, decrease discomfort and to enable you to reach your goals.

## What can I expect?

All participants are both screened and seen individually. A telephone screening is required to prepare you for the hypnotic session and to ensure that you are an appropriate candidate for hypnosis. Based on the results of the screening interview, pre-session/preparatory "homework" may be assigned.

## What will happen in the session?

The session will consist first of the development of behavioral strategies to complement the hypnotic trance. Using such strategies such as stimulus control, and contingency management in a personalized manner, you will be able to exercise state-of-the-art psychological principles to accomplish your goals.

The second half of the session will consist of the hypnotic trance. Using information gleaned from your telephone interview and the first part of the session as well as from a pre-session questionnaire, Dr. Myers will personalize the hypnotic work to optimize effectiveness. With hypnotic relaxation, you will be able to access your hidden strengths and deepest potential to actualize the goals you set for yourself. Most people find the deep relaxation of the hypnotic experience extremely pleasurable.

## Will it work?

Hypnosis cannot be used against your will! Its success depends on the skill of the hypnotherapist and on the willingness and dedication of the participant. If both are high, the probability of success is high.

## What will it cost?

The cost of the initial session is \$160.00. Many individuals require only one session. Should a "booster" be necessary, additional sessions are \$140.00.

## How do I begin?

Call Dr. Myers' receptionist at 217-793-0680 to arrange a confidential screening at no charge.



Dr. Myers has certification in Clinical Hypnosis by the American Society of Clinical Hypnosis.

Member:

- American Psychological Association
- American Society of Clinical Hypnosis

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