HYPNOSIS

INTRO DUCT ION

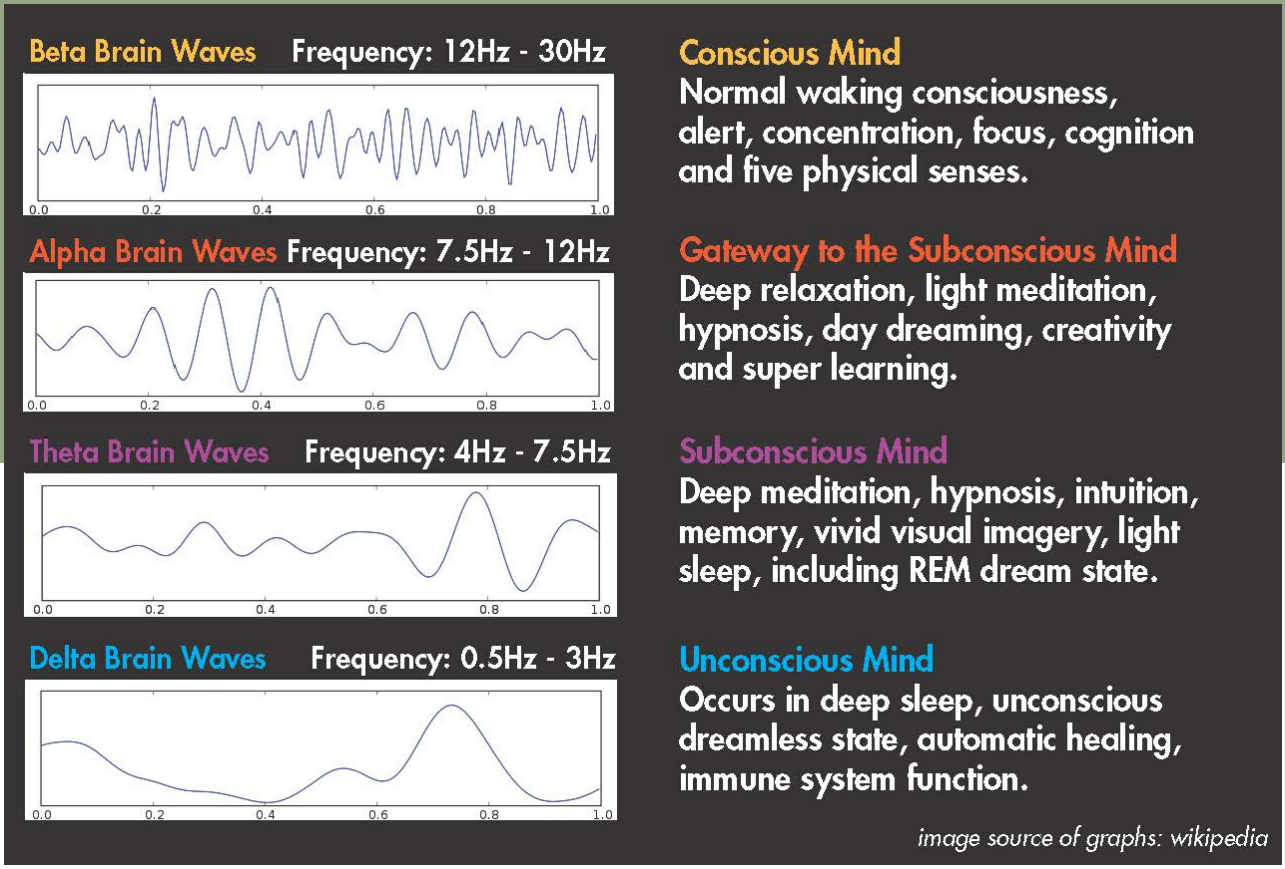
How does Hypnosis Work? / p2
Brain Waves / p3
What can Conversational Hypnosis help with? / p4
Session: The Unfolding / p5
How Hypnosis Helps:Testimonials / p6

.

WRITTEN BY CATHERINE SCHMIT - ALL RIGHTS RESERVED

wwwx.catherineschmit.com / contact.catherineschmit@gmail.com / 0032 (0) 476 516 392

HOW DOES HYPNOSIS WORK?



Conversational Hypnosis

Hypnosis allows to get into a deeper state of relaxation. Which allows for the desired
changes to be imprinted on the subconscious mind.

Hypnosis, as part of the family of **brief therapies**, enables to obtain astonishingly fast results.

In as few as **3 to 6 sessions** conversational hypnosis can help you in the most fascinating way.

Following an anamnesis done during our first session, I guide you, under hypnosis, to get to
the root of the problem and solve it.

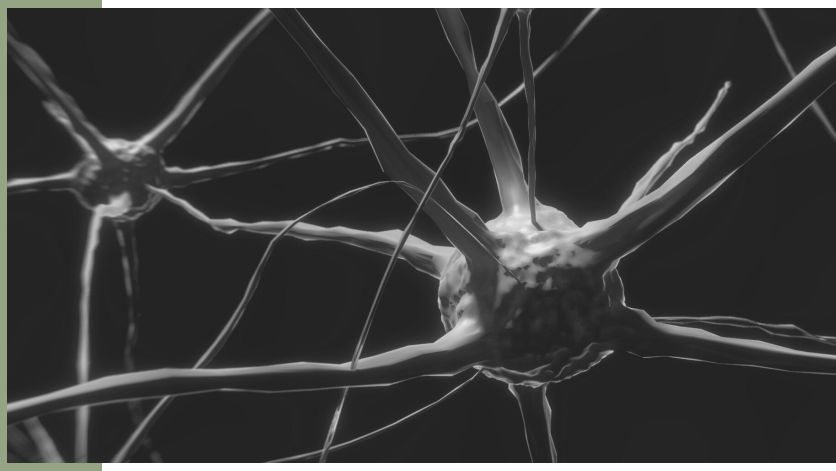
The key sitting in the subconscious mind, I give
you tools to enter it, unblock and solve the problem.

Unlike the popular myths, you are **not unconscious while in a hypnotic state**, but in a heightened state of awareness, similar to a deep state of meditation: the alpha and theta states.

The conscious being the realm of effect and the subconscious the realm of cause, by changing the way a memory has been perceived by your subconscious mind we can affect a change in the outer conscious world.

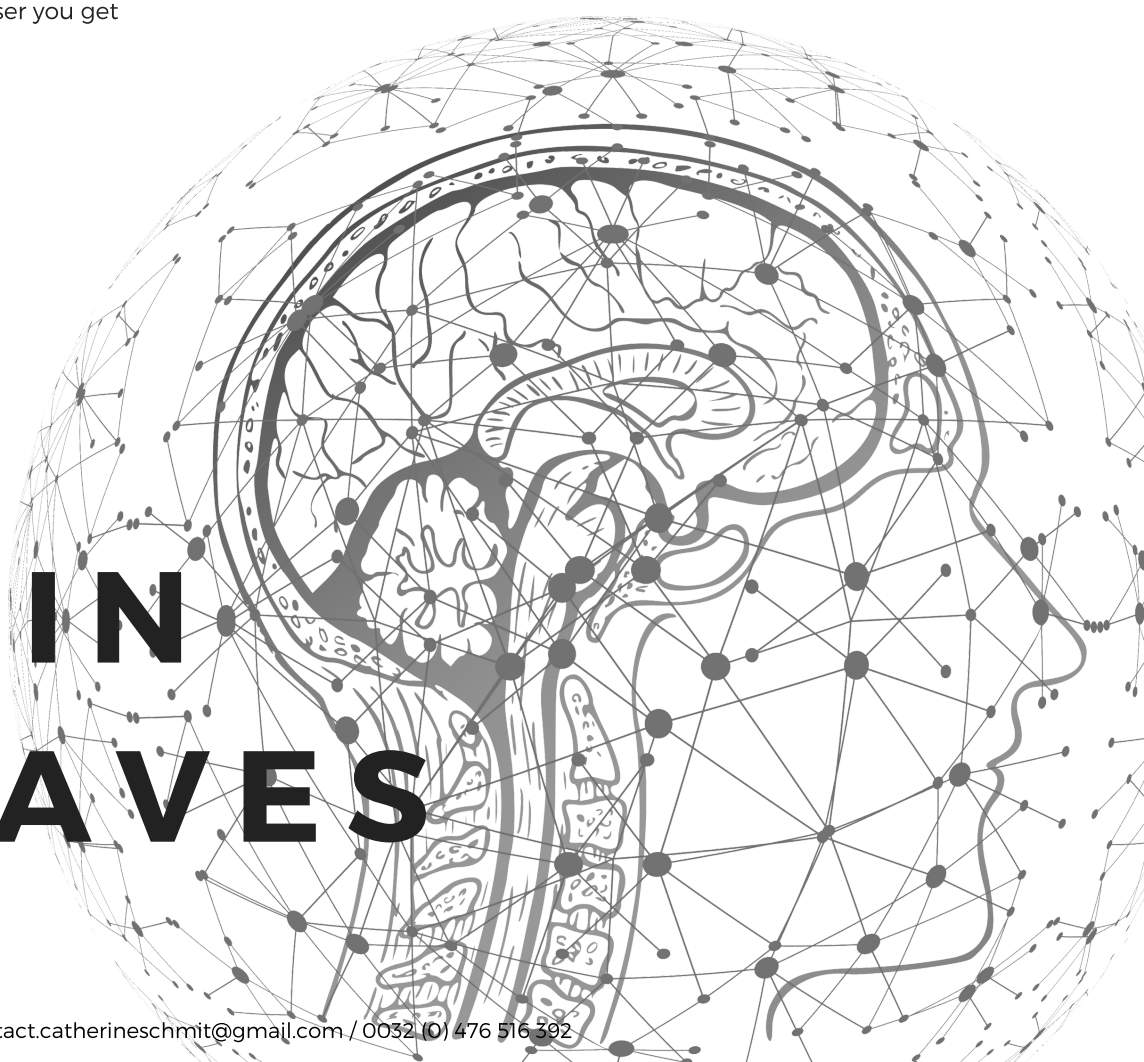
It is a simple **“cause and effect” result.**

Hypnosis works by first achieving a certain brain frequency, allowing for a deeper level of awareness. The best brain waves states of mind for hypnosis are the Alpha and Theta states.



Beta Brain Wave (14-30 Hz):
Beta is our normal, awake state. We generate beta brainwaves by moving around and thinking.

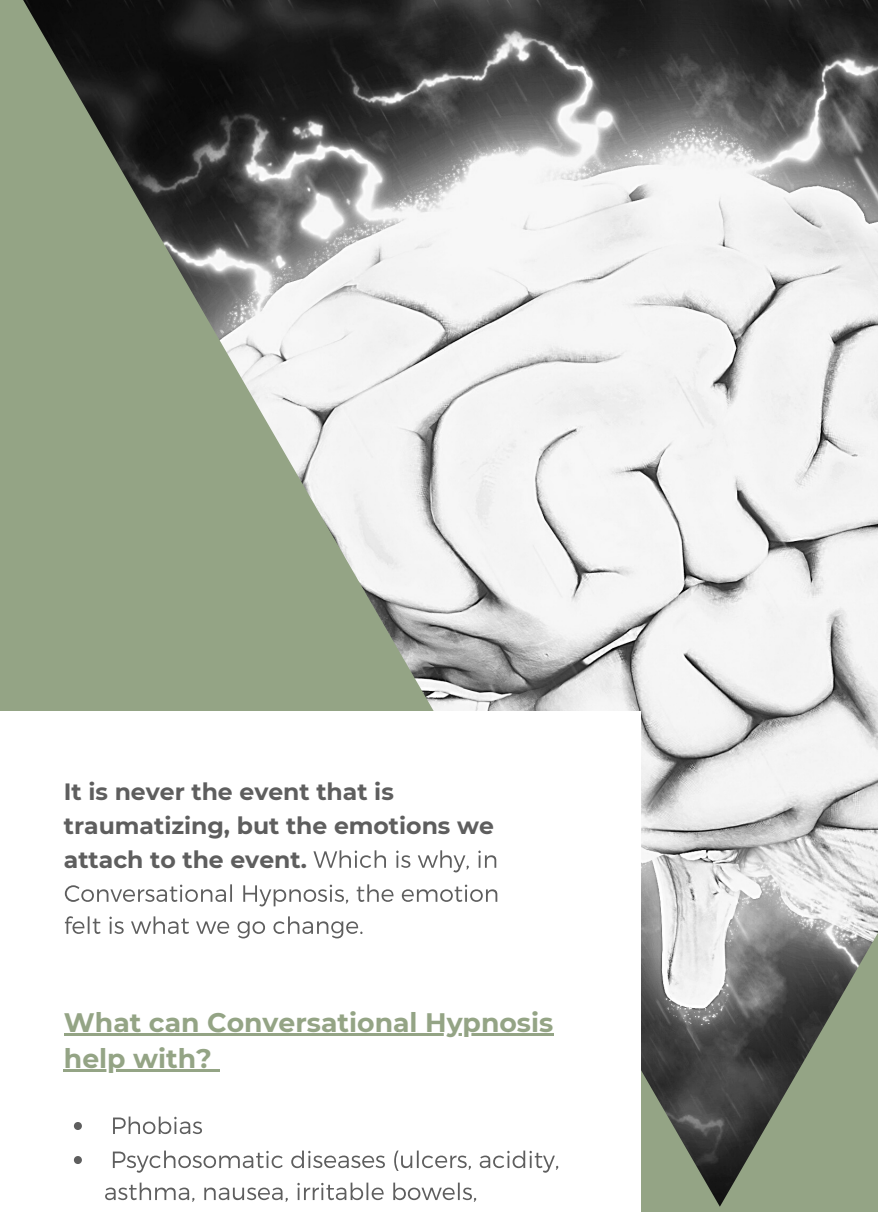
Alpha Brain Wave (7-14 Hz):
In this state we are reaching a relaxed state. The Alpha is the brain wave associated with deep relaxation, light meditation and beginning of hypnosis. It's a simple, natural state of mind we are in every day. Whenever you close your eyes and take a deep breath, you're beginning to generate alpha brain waves. This state is also the gateway to your subconscious mind and lies at the base of your conscious awareness. It is therefore, the optimal time to program the mind for success. At that frequency you imagination, memory, learning and concentration are heightened. The voice of Alpha is your intuition, which becomes clearer and more profound the closer you get to 7.5Hz.



BRAIN WAVES

wwwx.catherineschmit.com / contact.catherineschmit@gmail.com / 0032 (0) 476 516 392

WHAT CAN HYPNOSIS HELP WITH?



Theta Brain Wave (4-7 Hz):
The Theta state is the deep hypnosis, deep meditation and light sleep state. This is also the lucid dreaming state and out of body experience (OBE) state. We get there through guided meditations that take us on a journey deep within ourselves. This state of mind is the realm of your subconsciousness, only experienced momentarily as you drift of to sleep (from Alpha) and wake from deep sleep (from Delta). It is said that a sense of deep spiritual connection and unity with the universe can be experienced at Theta.

Your mind's most deep-seated programs are at Theta and it is where you experience vivid visualizations, great inspiration, profound creativity and exceptional insight.

It is at the Alpha-Theta border, from 7Hz to 8Hz, where the optimal range for visualization mind programming and using the creative power of your mind begins. It's the mental state which you consciously creates your reality. At this frequency, you are conscious of your surroundings however your body is in deep relaxation.

This state is used for hypnosis and self-hypnosis.

This shift in brain waves allows for a shift in consciousness, which in turn enables us to tap into many of our natural abilities to allows us to make change more quickly.

Because hypnosis allows people to use more of their potential, learning self-hypnosis is the ultimate act of self-control.

It is never the event that is traumatizing, but the emotions we attach to the event. Which is why, in Conversational Hypnosis, the emotion felt is what we go change.

What can Conversational Hypnosis help with?

- Phobias
- Psychosomatic diseases (ulcers, acidity, asthma, nausea, irritable bowels, intestinal discomfort ...)
- Traumas and Traumatic experiences (car accident, abuse, miscarriage...)
- Fears
- Addictions (smoking...)
- Heartaches: love, disappointments, separations, painful divorces...
- Weight problems (bulimia, anorexia, over eating, ...)
- Preparation for surgical procedures
- Birthing Preparation (Pre and Postnatal)
- Sexual dysfunctions
- Anger
- Skin problems
- Stress and Anxieties
- Depression and Burn-outs
- Hallucinations
- Lack of enthusiasm, Apathy.
- Lack of self-esteem and lack of self-confidence
- Sleep disturbance
- Difficulty concentrating

wwwx.catherineschmit.com / contact.catherineschmit@gmail.com / 0032 (0) 476 516 392

SESSION: THE UNFOLDING

During **conversational hypnosis** you are, while in a hypnotic state, talking with the practitioner, sharing the imagery and emotions your mind is sending you. The patient is **verbally active** during the entire session. Allowing for a much more accurate understanding of what it is happening in the mind at every giving moment, enabling for a more accurate guidance during the session.

This helps the practitioner use the tools appropriated to your unique memory in opposition to using pre-set metaphors. Thanks to this interaction between patient and practitioner, every session is completely adapted to the patient's needs.

This technique also allows for a fast healing process as the metaphors given by the patients are always exact. Indeed, if the therapist is the one suggesting metaphors it can take a while before he find the one that speaks accurately to the patient. Whereas, if the patients shares what he sees and feels, the practitioner can bounce right of it and offer the adequate tools to start the healing process.

The **mind speaks in images and emotions**. Therefore, all the patient has to do is **share what he sees and feels**.

The first session lasts 90 minutes. One hour of which we speak about the reason of your visit. Indeed, the more the practitioner knows about the reason of your visit, the better he can help you during hypnosis. So the more specific and detailed you are, the better. Then, for the 30 remaining minutes, I help you reach a hypnotic state and we start the work.

Every following session, the anamnesis (how it has evolved since our last visit and possible new elements that had not yet been mentioned) lasts for about 30 minutes and the remaining hour is spend in a hypnotic state to continue the work.

HOW HYPNOSIS HELPS: TESTIMONIALS

" I came to see Catherine because after an incident, I was scared to walk the streets alone by fear of being attacked or bothered by men. Not only was Catherine very attentive and gentle but in as little as one session I found a confidence I hadn't had in a very long time. Thank you. "

Amandine, 23

"Catherine helped me find my professional path. I had strong anxiety due to having to choose a career. In 2 sessions my anxiety disappeared and I could make a choice. "

Ludovic, 19

"With my family we were preparing for a year road trip but having claustrophobia, the closer I got to the departure day, the more anxiety I felt. Catherine help me dissolve my claustrophobia in 2 sessions. I am now enjoying one of the best years of my life with my family in South America"

Anne, 45

"After the passing of a close relative I felt deep sadness and it didn't seem to pass. So I decided to do hypnosis. Catherine helped me say goodbye and the pain dissolved. "

Laurent, 32