



Q. What is hypnotherapy?

- A. Hypnotherapy is a healing modality that uses hypnosis as a therapeutic tool. Hypnosis is noninvasive and does not require consumption of any medication. By verbal guidance from the hypnotherapist, an altered state of consciousness called *trance* is induced. Trance is similar to meditation, prayer, daydreaming, or getting absorbed in a movie or book. This state yields deep relaxation and increased focus. In this receptive state, your subconscious is more open to positive suggestion, allowing us to address root causes and instill lasting change. In this state, your mind is also more aware of its connection to the superconscious and the universal consciousness.

Q. If I start doing hypnotherapy, can I stop my medications or regular therapy?

- A. No – hypnotherapy is considered a complementary modality and should be used alongside your current treatment plan, not as a replacement. You shouldn't stop your medications or therapy without guidance from your prescribing doctor or licensed therapist. Make sure to let your care team know that you are considering hypnotherapy.

Q. Am I giving up control during hypnosis?

- A. Absolutely not! You are in complete control the entire time. Hypnosis is not sleep or mind control. You will hear my voice and be aware of your surroundings. Hypnosis gives you the choice to engage.

Q. What can I expect during my hypnotherapy session?

- A. Each session is unique and a co-creation to support your journey and goals. Sessions are done remotely (see question below about how to prepare). After your session, we'll discuss any insights that may have arisen during your hypnosis and how to integrate them into your daily life.

Q. Do you accept insurance?

- A. Eye of the Heart is self-pay practice because it is for educational and self-improvement purposes only.



Q. How many sessions will I need?

- A. While some clients see significant shifts after one session, most goals are best addressed through multiple sessions to ensure lasting and sustainable change. During your initial consultation, we will discuss a plan that will be most supportive for your unique needs.

Q. How do I prepare for my remote session?

- A. To make the most out of your session, follow these steps:
- **Find a Private and Quiet Space:** Choose a location where you can speak freely, has minimal distractions, and is comfortable.
 - **Test Your Equipment:** Before the session, check that your microphone, speaker, and camera are all working correctly.
 - **Use a Reliable Internet Connection:** Make sure your connection is stable and that any bandwidth-heavy applications or streaming services are closed during the session.
 - **Charge your device:** Ensure your device is fully charged or plugged into a power source.
 - **Get familiar with Simple Practice or Zoom:** Make sure you have the correct meeting software installed and updated as well as the correct video link. Test your link a few minutes before the session to avoid delays.