



Guided imagery and hypnosis:

Currently, there is a new appreciation that body, mind and spirit are one. Our programming from early childhood can significantly interfere with our vitality and health. With the combined tools of guided imagery and hypnosis we can greatly expand our health and creative functioning. One to three sessions will give individuals the ability to use self hypnosis and imagery to better their lives. My certification is from the International Association of Counselors and Therapists.