

1 Kell Place
Barrie, ON L4N 9K3
info@barriehypnotherapy.ca
Home & Office Phone: (705) 726.8403
Bracebridge Clinic & Cell: (705) 646.0756

Karen (Karrie) Eardley BSc Mht NWS

OBJECTIVE

Offering clinical hypnosis, intuitive transpersonal hypnotherapy and transpersonal counseling.

QUALIFICATIONS

Karrie has worked as a professional hypnotherapist since 2004, qualified as a Master of Clinical Hypnotherapy in 2005, and has been studying transpersonal psychotherapy since 2006. Also in 2006 Karrie received certification as a Nutrition and Wellness Specialist.

Having taken training in Quantum Touch, Therapeutic Touch, Tellington Touch, two years of teachings in Metis wisdom (Deer Tribe, Twisted Hair) and another two years in mediumship development, Karrie has a broad general experience of energy and awareness and is able to work intuitively with confidence.

Karrie has written for the Edgar Cayce Canada magazine and has presented five experiential workshops at the annual conference in Kingston to date. She has spoken at Muskoka Spiritualist Church on "Connecting to the Oneness by Meditation" and, "Staying in the Now". Karrie feels blessed that she has seen angels on more than one occasion, and works with them as and when they become apparent.

Karrie is in her final year of Transpersonal Psychotherapy Skills Training at the Transpersonal Therapy Centre in Toronto, a part-time three-year course, enabling psychotherapy exploration from a more spiritual perspective.

Her own personal development has been supplemented by undertaking Mindfulness Awareness Meditation, BEAM Therapy, Auricular Naturopathy, Holotropic Breathwork, Cranial Sacral Therapy, 22 strand DNA activation and Psychodramatic Bodywork. Karrie attended an Enlightenment Intensive Workshop in Morley, Alberta, where she experienced oneness for a few blissful moments.

EDUCATION

- 2004 Certified Hypnotherapist, National Guild of Hypnotists @ Ontario Hypnosis Centre
- 2004 Past Life Regression Facilitator Training, Ontario Hypnosis Centre
- 2004 Hypnosis for Today's Children, Ontario Hypnosis Centre
- 2004 Childbirth Basics for Hypnotherapists, Ontario Hypnosis Centre
- 2005 Master of Clinical Hypnotherapy, Ontario Hypnosis Centre
- 2005 Quantum Touch Healing, Level 1 Training, Muskoka
- 2007 Certified Nutrition and Wellness Specialist, Can-Fit-Pro
- 2006-2009 Transpersonal Psychotherapy Skills Training, Transpersonal Therapy Centre

PROFESSIONAL MEMBERSHIPS

- Since 2004 National Guild of Hypnotists (International Member)
- Since 2005 International Medical and Dental Hypnotherapy Association
- Since 2007 Can-Fit-Pro (Nutrition and Wellness Specialist Certification)



www.ngh.net



www.imdha.org



SUCCESS EXAMPLES

Past Life Regression

Past Life healing has enabled many clients to let go of behaviours such as binge eating, night-eating, obsessive behaviour, leg pain, not feeling good enough as well as many more. Past life healing can enable one to experience one's own timelessness, and to discover how powerful we have been in the past. By facing previous trauma's our bodies automatically healing, releasing the energy from cell memories as they realize that it is from a lifetime other than this one!

Becoming Slimmer Naturally

Using Hypnosis to let go old habits and learn new ones, we work together to heal the root causes of eating issues, whilst integrating the healing, building confidence and creating permanent change for your highest good. We journey into the future to see, feel and imagine your future self feeling energized, content and in control of your life.

Erectile Dysfunction

Helping body and mind to align in harmony, to focus on the moment, to rejoice in passion. Learn self-hypnosis or meditation techniques to relax and let go.

Public Speaking, Social Anxiety, Confidence

In the same manner as above, describe your first job responsibilities. Be concise; remove all unnecessary words and phrases. Include the specific results of your actions or decisions to demonstrate your contribution

Fears and Phobias

Hypnosis works quickly and effectively with most fears/phobias. If any have roots in past life experiences, we travel back to heal and let go the trauma, integrating the healing on all levels.

Bruxism, Tooth Grinding, Jaw Clenching

Determining the root cause of these often takes us to repressed anger. We work to release past hurts and teach self-hypnosis as a method to 'be here now.' Sometimes create a post-hypnotic suggestion to enable the jaw to rest and relax more frequently plus day to day coping techniques.

Bereavement and Mourning

Often using gestalt methodology and imagination, we enable dialogue to complete unfinished business. Releasing anger, tears etc as they appear. Surrounding with love and compassion.

Childbirth, Pregnancy and Children

Children have learned to stop bed-wetting, change behaviour and build confidence. Pregnant mum's have experienced natural birth confidently and in a more relaxed state – learn pain management techniques.

Healing Post-Surgery

Hypnosis is a guided visualization that may double the speed of recovery following accidental injury or surgery. One client experienced rapid healing following a traumatic vehicular accident.

Personal Growth and Spiritual Development

Using hypnosis or transpersonal counseling we can work together to heal the past, reintegrate fragmented parts back into the whole, enabling increased confidence, feeling more whole- helping you to feel more content.

We use 'Life Between Lives' hypnosis to enable rich spiritual exploration over a three or four hour long session; here you may discover your soul colour, meet your soul group, stand before your spiritual counsel and receive guidance.

TESTIMONIALS

Meditation CD

"It was wonderful. I had arrived home after being stranded on the highway for 2 hours. I had a splitting headache and thought I could try my new Healing White Light CD.

I drifted into bliss within minutes... Every tight muscle in my body began to relax as I scanned my body. It took me 5 minutes to bring myself out of it and felt absolutely fantastic. The star of white light that enveloped me was warm and reassuring, I felt my heart slow, my breathing slow and my body normalize.

As the light returned back into me through my forehead was the most remarkable part. As soon as I was able to move again, I found myself reaching to rub my forehead. Amazing, the ability to heal oneself is something I have always known to be true but I've never been able to allow myself the time. With this it's easy, you do it all for me."
Amy O (RMT), Muskoka 2005

Hypnotherapy

"I've learned a lot about myself and about my journey. I've tried so many routes to losing weight but this by far has been the most helpful and successful."

Nola G, Barrie 2008

"I've never had weight loss so simple. I just automatically say no. When I ask for the motivation, – I automatically get up and do it – I don't have to think about it!"

Reta D, Muskoka 2005

I just wanted to thank you so much for all you did for me. If someone would of asked me if I would of quit smoking I probably wouldn't of believed them. ... I am doing great I haven't had any cravings at all and no thoughts about going back... again thank you so much, you'll never know how much this has meant to me. I will be recommending you to everyone that I know. Take care and thanks."
Tina B, Muskoka 2004