

HOW HYPNOSIS HELPS

Hypnosis can help you to manage stress and reduce dental related anxiety in several effective ways:

- Release the anxiety from your mind
- Relax your body deeply
- Embrace a more positive attitude
- Improve your ability to focus
- Letting go of old fears and thoughts
- Deactivating stress triggers
- Travel to the future and see success
- Travel backwards to heal any initial sensitizing events

We combine hypnotherapy, post-hypnotic suggestions, use healing imagery as well as incorporating other coping mechanisms to assist you as you naturally alter the way you live your life.

SELF-HYPNOSIS

We introduce relaxation techniques using self-hypnosis to help you to deal with day to day situations on the spot.

We support you at home or on the move with our Guided Meditation CDs and Hypnosis CDs.

Karen Eardley BSc MHT

Master of Clinical Hypnotherapy
Past Life Regression Facilitator
Transpersonal Counselling

Member of:

National Guild of Hypnotists
(International Member)

International Medical & Dental
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**Services Available in
Barrie, & Muskoka**

Rates

\$90 / h inc taxes

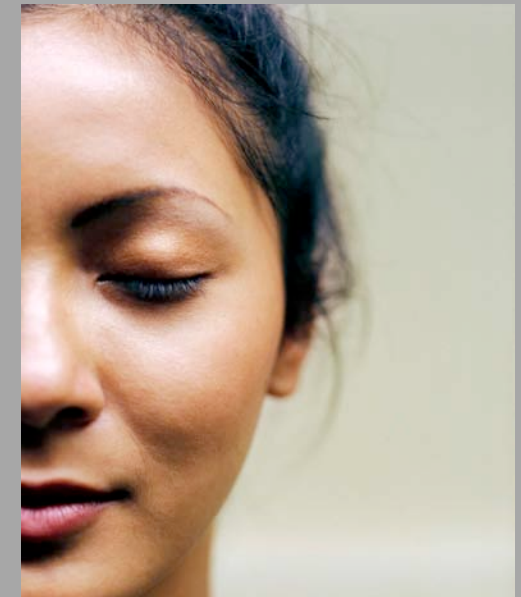
First Session 1.5 hours

Follow Up Sessions 1 hour

10% Discount with 5 sessions

Dental Hypnosis

**Bruxism, Fear Release and
Dental Anesthesia**



SOLUTIONS IN MIND



RELEASE FEARS

Hypnotherapy can assist you to retrain your mind and body, enabling you to release old patterns of behaviour such as fear of dentistry, feelings of nausea and the gag reflex.

DENTAL ANESTHESIA

Prior to chemical anesthesia techniques, hypnosis was the only way dental subjects used to experience numbness in those areas requiring clinical intervention. After Freud took techniques from hypnotherapy, he proceeded to distance himself from this method, and spread disinformation regarding its' validity and effectiveness.

REDUCE BRUXISM

By easily accepting more effective ways of dealing with stress, and employing powerful post-hypnotic suggestions to assist the integration of these changes, hypnosis enables automatic relaxation responses creating significant reductions in teeth grinding or clenching.

HEAL ROOT CAUSE

Using regression techniques, you are able to return to the root cause of troublesome behaviors, healing them, and then welcome new behaviors and positive coping mechanisms.

WHAT IS HYPNOSIS

Hypnosis is a natural state of mind which happens several times throughout the day to everyone. Highway trance is a very common experience of hypnosis, we just don't think of it that way.

Hypnosis is a heightened state of focus and awareness where you gain access to internal resources and abilities normally outside the range of conscious control.

By continuing to practice your new techniques and behaviour patterns for between 21– 30 days, you create new pathways in you mind ... and the changes are now your new habits!

HYPNOTIC CHANGE

Hypnosis can help you create a more relaxed attitude to life:

We use:

- Positive Phrases to instill your new behavior patterns
- The benefits relaxation techniques are reinforced and anchored into your body
- See yourself in control in the future
- Root Causes are explored to see if there are any psychological reasons why you experience so much anxiety or stress
- Post Hypnotic Triggers are created to assist you to trigger your suggestions. Great for those areas where you may usually experience difficulties e.g. Taking on too much, focusing on the negative
- Healing root causes creates good conditions for making permanent change

SELF EMPOWERMENT

I am dedicated to help you to help yourself. I believe in self-empowerment and encourage you to trust your inner guidance and work at improving your own self-hypnosis skills.

FUTURE PACING

We use hypnosis to take you in to the future where you experience yourself living your life to the fullest potential.

You experience yourself filled with confidence, feeling relaxed and competent.

ALL AGES

Hypnosis is effective for all who want and believe that they can change.

I have worked with children as young as three and adults as old as ninety!

DID YOU KNOW?
Hypnosis was first used for dental anesthesia before drugs were invented!

