

What is 5-PATH®

Some hypnotherapists and hypnotists have undergone advanced hypnosis training and certification in 5-PATH® Hypnotherapy. These hypnosis professionals are among some of the most advanced hypnotherapists with whom you can work. Training and certification in 5-PATH® Hypnotherapy allows a hypnotist to go far beyond what most hypnotists can do in a hypnosis session. Here is a quick outline of how these highly trained hypnosis professionals differentiate themselves from the rest:

- You will receive a comprehensive “pre-talk” in which you will learn about hypnosis.
- You will interact with the hypnotist during the “pre-hypnosis interview” during which the hypnotist will find out what your goals are, and how best to help you to reach those goals using hypnosis and self-hypnosis.
- Your hypnotist will use modern hypnotic induction (no swinging watches or blinking eyeglasses are used). These modern inductions are fast and efficient allowing them to spend more time with you working on helping you attain your goals.
- Your hypnotist will ensure that you are going into just the right level of hypnosis for the kind of work you will be doing together. This will be done with covert and overt testing. The covert testing is done by the hypnotist so that he or she will know that you are hypnotized, you will probably will not notice this testing being done. Once that has been accomplished she or he will do overt testing to provide you with some objective evidence that you were hypnotized.
- Your hypnotist will customize each session for you. 5-PATH® hypnosis professionals know how to match the right inductions, deepening techniques, suggestions and other techniques to each client for maximum results.
- Your hypnotist uses the **5-PATH®** Hypnotherapy System. Your work with her or him will not be one of those one-shot deals. You will work together as a team as you go through the process, neutralizing any old limiting beliefs, emotions or habits that have caused you to not be as successful as you would like regarding the issues that you want to work on.

PEACEFUL LIGHT HEALING @ LAKES REGION HYPNOSIS

- Your hypnotist will go beyond merely suggesting changes and the visualization techniques offered by so many which only bring limited results. Your 5-PATH® Hypnotist has been trained to find the actual cause of the problem and eliminate it, and then give you suggestions for success. This enables our clients to be very successful and experience long term and even permanent results.
- Your 5-PATH® Hypnotist is even able to deal with issues that could be causing problems that you may not have thought of as internal conflicts. For example, most people who want to make positive changes in their lives also are a bit conflicted by making changes, like the smoker who wants to stop but is fearful that he or she will miss the cigarette habit or gain weight. Another example is the person who has been abusing alcohol or drugs who fears that if she or he abstains they will be lonely or anxious without the alcohol or drug.
- Your 5-PATH® Hypnotists will take you through each phase of the process, customizing each phase for your needs, making sure that your hypnosis experience is completely professional, confidential and effective.

We hope that this additional information about 5-PATH® Hypnotherapy has been useful for you. When you work with a 5-PATH® Certified hypnotist you are working with one of the best trained professionals in the world.

We do not replace, nor do we advocate replacing a client seeking the advice of a healthcare professional, i.e. doctor, specialist, psychologist, etc. In fact we recommend that your healthcare specialist be made aware of your “seeing” us, and welcome that professional’s input if she/he is so inclined or “needs” to be made aware of the process (this would require a signed release from the client and from the healthcare professional).