



Hypnosis

Your key to unlocking personal limitation and fear.

Habit cessation:

- Stop smoking
- Lose weight

Skill rehearsal:

- Sport performance
- Master study skills
- Test anxiety

Pain control:

- Pre/post surgery
- Dental work
- Chronic conditions

Stress management:

- Generalized anxiety
- Insomnia
- Phobias, trauma



Richie L. Allen
CHT

In person sessions available by appointment, with office located in a quiet rural setting minutes from downtown Longview WA. Sessions are also available via Skype teleconference. Payments via check, cash or PayPal, due when services are rendered. Call for current rates.



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Hypno Paradigm



Unlock the gate,
YOU have the key!



Discover your own
power to change and live
UNLIMITED!



Become the "you" you already are. HypnoParadigm

Hypnosis hip-'nō-səs

An altered state of consciousness, used to access subconscious thought, motivations and inner dialog.



Paradigm 'per-ə-dīm

A philosophical and theoretical framework of a scientific school or discipline within which theories, laws, and generalizations and the experiments performed in support of them is formulated.

The subconscious holds much of what we perceive as life's problems. Hypnosis is a powerful method to unlock understanding and connection to this vast ocean of being. I offer a gentle client directed approach via a number of well-established techniques. I work with presenting issues such as smoking cessation, phobias, anxiety, skill rehearsal and chronic pain. I can also facilitate clients who wish to set sail upon their subconscious ocean on voyages of discovery... explore a past life, inner families, or detailed exploration of an earlier time in their life. Come take the ultimate inner voyage!

Q&A

What can I expect during and after my session?

First, expect a positive change! I will ask you some questions about your presenting issue, then guide you into a relaxed state of mind during which you will be in complete control of your thoughts and action. You will feel relaxed, but always aware. Your higher self is your guide; all hypnosis is self-hypnosis. After the session you can expect new insights or attitudes toward your presenting issue.

Can you treat my medical issue?

Hypnosis should always be considered as an adjunct to proper medical care from a physician. Hypnosis can be a tool to relieve anxiety, facilitate the mind-body connection in healing and help process or eliminate physical pain.

Is hypnosis right for me?

Generally most people can benefit from hypnosis. If you feel limited by any aspect of your life hypnosis may just be the key. Overcoming limitations, relinquishing habits or seeking personal improvement are all great reasons to seek hypnosis. YOU hold the key!