

WHAT TO EXPECT?

Every intake session begins with a pre-induction Interview and a discussion of the client's problems and goals.

The pre-induction interview is to help the client understand what hypnosis is and how it can work for them. At this point any fears or misconceptions the client may have about hypnosis are addressed.

Most clients have a fear of loss of control or not awakening from a trance. Actually the subject is never under the control of the hypnotist, the subject hypnotizes themselves, nor is there anything to waken from. Hypnosis is not sleep. The conscious mind is always alert under hypnosis and the person's senses are many times stronger in the trance state than in the normal waking state and the subconscious is always protective.

Once the person's needs are understood the actual hypnosis will take place. This phase usually lasts about 20 minutes depending on the problem. For most problems, such as stop smoking, direct suggestions are used. However some problems such as fears and phobias require regression therapy.

Many problems require only one to three sessions, unless there are multiple related problems, alcoholism, or deep-seated subconscious conflicts requiring several sessions or if the client wishes to learn self-hypnosis.

Certified by:



**INTERNATIONAL
MEDICAL AND
DENTAL
HYPNOTHERAPY
ASSOCIATION**



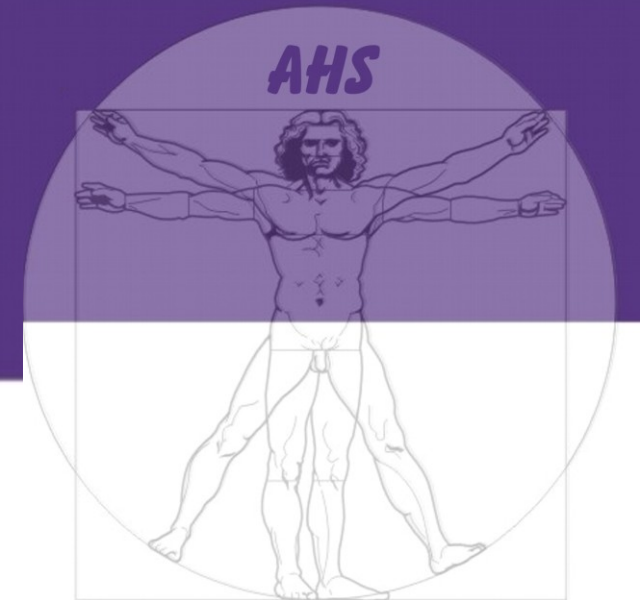
OTHER TREATMENTS

Hypnosis has proven to be effective for people who want help with:

- ADD/ADHD
- Addictions
- Allergies
- Bed Wetting
- Body, Mind Healing
- Catastrophic Illness
- Co-dependency Issues
- Disabilities, MS, RSD, etc.
- Fears/Phobias
- Guided Imagery
- High Blood Pressure
- IBS
- Improved Concentration
- Inner Child Dialogue
- Insomnia
- Intuition Expansion
- Medical/Dental Procedures
- Memory Improvement
- Motivation
- Nail Biting
- Pain Management
- Public Speaking
- Regression Therapy
- Relaxation
- Self Confidence
- Self Healing: Body, Mind and Spirit
- Sexual Dysfunction
- Sports
- Stress
- Stuttering
- Tension Headaches
- Test Taking/Study Habits
- Visualization
- AND Much More ...

**ADVANCED HYPNOTHERAPY SERVICES
(517) 233-1077**

HYPNOSIS AND THE WAY TO ACHIEVE SUCCESS!



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**Rex A. Jones, M.A., C.Ht., EFT-ADV
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WHAT IS HYPNOSIS?

Hypnosis is a safe and effective therapeutic method of temporarily bypassing the critical factor of the conscious mind, which controls what information is processed by the subconscious mind. The hypnotic state also may give one a feeling of profound mental and physical relaxation. While being extremely focused and alert mentally.

The hypnotherapist assists you by making positive, helpful suggestions directly to your ever-alert subconscious mind. This helps to eliminate the temptations that have kept you smoking, over-eating or biting your fingernails, even though your conscious mind has failed in the past with only will power. Making you the master of your conscious efforts.

MYTHS ABOUT HYPNOSIS

Myths that have been brought about by literature, film and television influence how we see hypnosis. It is thought that a strong willed person cannot be hypnotized. Actually anyone who wishes to be hypnotized and has an IQ over 70 may be. The hypnotist does not impose his will on the subject, but instead he acts as a guide helping the subject find his way to a state he enters daily. Every day states which are similar to hypnosis, are reading, watching TV or driving a car on a long stretch of highway to the point you lose conscious awareness of what is going on around you. Also you cannot be made to do anything against your morals. Nor will a subject remain in a trance state indefinitely. The subject will emerge naturally in a few minutes. If there is an emergency he will emerge immediately.

SMOKING CESSATION

At Advanced Hypnotherapy Services usually only one hypnosis session is needed to help you stop smoking. Our hypnosis method strengthens your conscious determination to be a permanent non-smoker. Eliminating physical tension, unnecessary weight gain and other unwanted, unnecessary withdrawal symptoms is the focus of our program.

If you are now convinced that you should quit smoking, call our Service for the type of help that really works!

WEIGHT CONTROL

People who have never been able to keep weight off successfully have discovered that by using clinical hypnotherapy their goal can be accomplished easily and pleasantly.

Perhaps you have lost a few pounds, only to gain them back. You might feel frustrated or discouraged or depressed because of this. At Advanced Hypnotherapy Services we will teach you how to use hypnosis to reprogram your appetite and hunger patterns and your attitudes toward food and exercise.

You owe it to yourself. Give this program a chance to change your appetite to fit the real needs of your body.



For some problems such as phobias, alcoholism, self-hypnosis, and pain control multiple sessions may be required. For more information on fees and hypnosis call us at (517)663-2290.

YOUR THERAPIST

Rex A. Jones, M.A., C.Ht., EFT-ADV, has practiced hypnosis since 1979 both on stage and in a clinical setting. In addition to

seeing individual clients he taught classes in hypnotism for Charlotte Community Education and is also available for speaking engagements, seminar presentations and group sessions. Mr. Jones received his hypnotherapy training from the Omni Hypnosis Training Center in Deland Florida, the Michigan Institute of Hypnotherapy in Berkley, Michigan, the Hypnosis Motivation Institute in Van Nuys, California, and the Southwestern School of Hypnotherapy in New Jersey. He has specialty certifications in Pain Control, Weight Control and Smoking Cessation. He has taught and lectured on hypnosis in many settings; including Lansing Community College where he conducted experiments in suggestibility, hypnosis and biofeedback. He received a master's degree from Michigan State University in education. The National Board of Hypnosis, the International Medical and Dental Hypnotherapy Association, the National Guild of Hypnotists, and the American Board of Hypnotherapy certify him.

APPOINTMENT INFORMATION

Office hours are by appointment only. Evening, weekend and home visits are available.

(517) 233-1077

VISA, MASTERCARD, American Express and Discovery cards are accepted.

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VIST US ON THE WEB AT:
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