

# Hypnosis

## Certified Hypnotherapist - Hypnosis Services

Katherine Ann Nuyens provides personal empowerment services including Hypnosis, EFT, Quantum Biofeedback, Theta Healing and other Energy Psychology Techniques. She sees clients in her office in Southern New Jersey, and she provides online and telephone consultations as well. Katherine works with clients to facilitate emotional, physical and spiritual growth. Her unique style of healing encourages the restoration of emotional balance, enhanced personal strategies and skills to reach the plans, goals, and dreams they desire. Request an appointment by calling Katherine's office at 856-780-5302.

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Nearly all of us want self-improvement. Hypnosis offers us this magnificent tool for change. I know that if we change our thoughts we change our destiny! We can pump powerful, life-giving suggestions into the subconscious mind. Through hypnosis you can reprogram your outdated belief patterns, replacing your beliefs of self-limitations. You can reprogram your mental computer with beliefs of success, empowerment, faith and enthusiasm. New beliefs and behaviors are programmed through repetition of positive affirmations, mental imagery and getting into the "feeling" of the new, improved qualities you seek. It's fun! It's easy!

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An important change has occurred since our work together, Katherine. I am not stressed in my daily life and with my

teaching. My sleep situation has been affected for the better. Thank you! --R.T.

We all share a common goal. We are all in the pursuit of happiness. Our bodies cannot tolerate unresolved emotional issues and not have them show up in our physical bodies. I have a specialty in medical hypnosis and use a Transformational Healing Method™; in much of my work. This is a client-centered approach with three stages: Experience, Release and Transform. This healing embraces all levels of consciousness.

I am proud to facilitate this healing tool for my clients. Hypnosis is a very safe process to help modify self-defeating attitudes and behaviors. You are always totally aware and in control. You can use the power of your own mind to create new, life-giving alternatives to the old self-limiting behaviors. If you like, I will make a personalized CD to send home with you to continue the healing journey.

I had tried to quit smoking to no avail. I met Katherine, and I can't say how easy it was to quit! I had absolutely no withdrawals or cravings, and I am so relaxed. It amazes me! --R.H.

These are some of the issues that Hypnosis can help you resolve:

- Self confidence
- Stress reduction
- Health issues
- Inner child work
- Test anxiety
- Fears/ phobias
- Grief issues
- Public speaking
- An Inner Connection
- Motivation/ goals
- Regression to find root causes of issues/problems
- Divorce adjustment
- Dream control
- Healing past traumas
- and more...

## Read about Past Life Regression Sessions

Katherine, a friend recently said to me, "Something has changed or happened -- you look and act differently!" Something great did happen and I am grateful to you and God. --D.M.