Testimonial

I am an occupational therapy student going through fieldwork to get my master degree in occupational therapy. During my first fieldwork I hit a rough patch and I began questioning my abilities to successfully treat patients. I was terrified I had chosen the wrong career path. Then I heard about hypnosis. I wasn’t sure that it would work but I was willing to try anything at that point. During my first session Jan explained to me that hypnosis involves letting your subconscious mind take over and that is when you are more open to ideas and suggestions. I felt so relaxed after my first session and the next day at fieldwork I noticed I was more confident in my abilities to treat patients. Through hypnosis I learned to believe in myself and I gained the confidence I needed to be successful in my fieldwork. I would highly recommend hypnosis to anyone who is questioning his/her abilities to successfully complete activities at home, work, or school. Hypnosis really helps.

Beth Porter