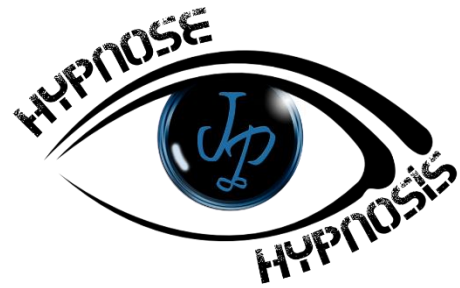


Good day,

Thank you for trusting Hypnose JP Hypnosis.



## History of hypnosis

Hypnosis saw its beginnings in the 1700s, by a physician named Franz Anton Mesmer who was born in Vienna, Austria. Hypnotherapy saw its debut also in the 1700s. April 12, 1829 Dr. Jules Cloquet, with the help of the hypnotist Chaplin, was the first to perform surgery using hypnosis as a form of anesthesia. In the 1800s, Dr. James Braid named a form of hypnosis "lucid sleep". Hypnosis is the translation of the word "sleep" in Greek.

## Hypnosis and its benefits

Hypnosis is used as an approach considered therapeutic that is natural, safe and very effective. It assists people to identify the unconscious habits, learnings and "patterns", synchronize them properly taming the emotional associations that are attached to them. The changes are very easy, quick and efficient. The hypnotic state is a natural state, physiological and spontaneous. It is based on dissociation between the conscious and the unconscious mind of the individual. The strength of the subconscious is much larger than the conscious one. The subconscious mind represents 88% of our mind while the conscious mind only represents 12%. Hypnosis techniques allows the reprogramming of the subconscious mind and synchronises our current willingness to change for a wellbeing.

Just before sleep, we experience great physical lethargy, which is associated with a decrease in the brain's electrical activity and greater openness of subconscious brain process, which goes from Beta to Theta even up to Delta (see bottom diagram page 3). Suggestibility is a behavioral trait that all humans possess, it is the way the brain processes the information when **we learn**. Hypnosis is sometimes visualization, Neuro-Linguistic Programming (NLP), sometimes metaphors, stories that helps the subconscious itself to choose the right solution to the existing problem.

For instance, at night, we can hear our children crying, while already, we cannot hear the cars passing by in the street. Similarly, the hypnotized person hears the voice of the therapist, guiding with suggestions (learning), without being disturbed by surrounding noise. At any time, if he/she decides, he/she can get out of this state and have no problem remembering what happened. If he/she happened to fall asleep, he/she will wake up without any difficulty when the nap is over.

Everyone can be hypnotized if they agree to it, and everyone has a natural ability to hypnosis. Some people mistakenly believe that they will lose consciousness if they allow themselves to be hypnotized and then risk being manipulated without their knowledge. In fact, it is not true. The state of hypnosis is similar to deep relaxation. People would never do anything against their morals or against their values.

## Today's hypnosis

Hypnosis is increasingly widespread. The most modern therapy, hypnotherapy (that is) is practiced in clinical hypnosis. It can help us in all areas and definitely improve our quality of life by freeing us from our inhibitions, restoring self-esteem and self-confidence. It is the therapy by the verb.

A hypnotist is NOT a medical practitioner, so he/she will never question, challenge, or conduct medical diagnosis. We encourage further discussions with your health professional prior to consulting.

## The following services are available at Hypnose JP Hypnosis:

Confidence and Self-Esteem | Smoking cessation | Insomnia | Stress/Anxiety

## The success

Depending on the reasons for practicing hypnosis, no preparation is necessary before the sessions, unless otherwise advised by your hypnotist. The number of sessions depends on each case and each individual. We all have different learning suggestibility and Hypnose JP Hypnosis respect your personal learning pace. Once the change is accepted by the subject on the subconscious level, the effect of learning could equal to 100% success.

### **\*\* Important information to note \*\***

#### **First Session at Hypnose JP Hypnosis**

The first session with Hypnose JP Hypnosis will run very calmly and be constructive. He starts by introducing a presentation on hypnosis, explaining all the facts and myths about it. If needed, please bring your glasses as completion of a form will occur. It is followed by a session under hypnosis. You should plan 1:30 to 1:45 for the first session. With your participation and ability to relax, Hypnose JP Hypnosis guarantees that you will feel beautifully, 15 minutes of hypnosis can be felt as 5 to 8 hours of sleep; **A wonderful feeling.**

The number of sessions cannot be determined before the first session, since each person is different, so it will be discussed further during the first session.

Each session is customized. The hypnotized needs to dress comfortably and have a clean hygiene. We also encourage you to bring your refillable water bottle. No cell phones allowed all throughout the session. For liability purposes, all sessions are recorded (video and audio). The information is kept in your personal file and will not be disclosed at any time. We take your privacy seriously.

There is no concerns and contraindications against hypnosis sessions. After the session you can drive your vehicle and return to your daily activities. People with epilepsy, schizophrenia or bipolar disorder should consult us before booking an appointment. A medical referral by a professional practitioner may be requested.

Hypnose JP Hypnosis is open from Tuesday to Thursday on appointment only. Our services are offered to persons of **14 years old and older.**

Fees must be paid either by: Debit, Visa, MasterCard, or Cash (exact amount)



The fee for the first session is **\$115.00**

All other additional sessions needed are **\$95.00**

We provide service receipt however we do not provide any insurance receipt.

#### **Cancellation policy:**

The appointments are confirmed by text messaging when booking the appointment and 48 hours before your appointment as a reminder. In order to provide a high-quality service, **you must answer and confirm your appointment via text upon receiving the reminder and this at least 24 hours before your appointment.** If no confirmation is received within this timeframe, your appointment will be considered cancelled and 25.00 \$ cancellation fees will be applied as per this policy. The appointments can be cancelled or moved at anytime within a minimum of 24 hours notice.

#### **Hypnose JP Hypnosis address**

106, Impasse D'Anticosti, Gatineau, Québec, J8V 0A4.

<https://goo.gl/maps/7A7EXG8exMD1Bica8>

For more information, please do not hesitate to communicate with us.

Jonathan Prud'homme C.H. C.S.H.

Hypnotist

613.850.7072

Member of the Canadian Hypnosis Association

[www.canadianhypnosisassociation.ca](http://www.canadianhypnosisassociation.ca)

# Brain Waves

