

April 15, 2017 - Presentation by David John, MA CCHt, Certified Clinical Hypnotherapist

Introduction to Clinical Hypnosis

The Origin and practice of Hypnosis, The model of the Mind

The process of Hypnosis, Stress Reduction, Short Demonstration

Presenter Biography

I am a graduate student in Counseling Psychology from Saint Mary's University, undergoing internship. I have been a certified clinical hypnotherapist since 2006 and currently see clients at my Saint Louis Park office location.

I was introduced to hypnotherapy from my years of work as a Yoga teacher from the Sivananda Yoga Ashram in southern India.

I love my work as a hypnotherapist and experience a true vocation for it. Hypnotherapy is challenging and exciting and it gives me immense joy and satisfaction in helping others to know within themselves and guide them in discovering that which is best for them.

I bring to this work unconditional love, deep reverence for the power of the subconscious mind, empathy, compassion, acceptance, creativity, humor, forgiveness, responsiveness and respect for the individual spirit.

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