

# Our Hypnotherapists

**Cathy Hamilton** (B.Ed., M.Ed.) is a certified Hypnotherapist, NLP Master Practitioner, and a Time Line Therapy™ Master Practitioner. She brings over 20 years of counseling/teaching experience and expertise to the Centre. Cathy has a deep respect and appreciation for the human journey. She understands and facilitates the transformations that can occur when people are connected to the powerful resources of their unconscious and higher conscious selves. Through various hypnotic trance processes, she assists others in connecting with these powerful unconscious resources. Through this connection, individuals rediscover their abilities to change, learn, grow, thrive and meet life's challenges in powerfully positive and resourceful ways!

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**John Tozeland** (B.S.W., R.S.W.) is the Director of Training & Therapy at Trance-Action Consultants Since 1986, John has been leading trainings in the fields of Hypnosis and Neuro-linguistic Programming (NLP). Certified as an NLP Trainer, Time Line Therapy™ Master Practitioner and Huna Alaka'i (the equivalent of being a Pipe Carrier). John brings a wealth of experience to the center. Currently, John is on the board of Directors for the Professional



Board of Hypnotherapy. and is a School Social Worker at the Louis Riel School Division. John's intensive trainings in the ancient native shamanic traditions of Hawaii have proven invaluable in his quest for healing. His gift of acknowledging and recognizing the importance of the human spirit and it's connection to the mind and body has led him to co-creating the Nova Holistic Centre. All of John's work is focused on empowering individuals to connect with their inner resources and power. email: [tozeland@trance-action.com](mailto:tozeland@trance-action.com)

## 50 Ways Hypnotherapy Can Help You Now!

- |                             |                              |
|-----------------------------|------------------------------|
| Abuse Recovery              | Addiction Recovery           |
| Allergies & Asthma          | Anxiety & Stress             |
| Assault Recovery            | Athletic Improvement         |
| Bed Wetting                 | Behaviour Modification       |
| Blocks to Healing           | Childbirth                   |
| Chronic Illness             | Compulsive Behaviours        |
| Crime Victim Rehabilitation | Depression                   |
| Eating Disorders            | Exam & Report Preparation    |
| Faster Healing from Surgery | Fear of Travel               |
| Fear of People or Places    | Fear of Success or Failure   |
| Forgetfulness               | Guilt or Shame               |
| Headaches & Pain            | Improvement of Skills        |
| Impulsiveness               | Irritability                 |
| Insomnia                    | Insecurity & Low Self Esteem |
| Interview Anxiety           | Jealousy                     |
| Kleptomania                 | Memory Improvement           |
| Negative Thinking           | Nail Biting & Nervous Habits |
| Nightmares                  | Obsessions                   |
| Overreaction                | Performance Anxiety          |
| Phobias & Fears             | Physical & Emotional Pain    |
| Procrastination             | Public Speaking              |
| Recalling the Past          | Self-Sabotaging Behaviour    |
| Sexual Dysfunction          | Smoking                      |
| Speech Difficulties         | Stage Fright                 |
| Suicidal Thoughts           | Traumatic Memories           |
| Unsocial Behaviour          | Unhealthy Relationships      |
| Weight Problems             | Writer's Block               |



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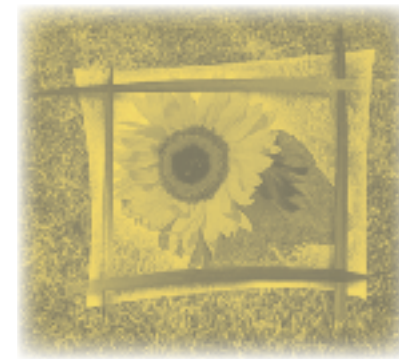
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# Nova Holistic Centre

## Hypnotherapy

### Healing the Mind



*For centuries, Human Kind has been using altered states of consciousness to assist in bringing healing and balance to the Body, Mind & Spirit.*

# Why Choose Hypnotherapy?

## What Happens in a Session?

Hypnotherapy guides the individual into a deep connection with their inner self (Unconscious & Higher Conscious Minds), assisting you to release blocked emotions & limiting beliefs.

Hypnotherapy uses light to medium states of trance. When you experience Hypnotherapy, you will feel like you do when you are drifting off to sleep. Your Conscious Mind will be aware of what is happening around you and yet your Unconscious Mind will be open and communicating directly with you. Most people experience a relaxed, comfortable feeling. It is at this point that your Conscious & Unconscious Minds communicate together. Your Unconscious Mind guides you to where you need to go in order to release blocked energy, emotions and limiting beliefs.



*Unleash your potential using the power of your Unconscious Mind*

## Why Release Blocked Emotions?

According to Paul Goodwin, a neuro-physicist from Alaska State University, when emotions are not allowed to process naturally through the body, they form a functional boundary in our neurology. It is like a balloon is formed, containing all of the emotion inside. This "balloon" then tends to interfere with the natural flow of energy throughout our body, thus causing emotional and physical turmoil. The result is that we may feel drained of energy, tired or burdened, and may have a number of physical symptoms. Since our mind profoundly affects our body, it is essential to release our emotions & limiting beliefs as part of our healing journey. Along with more physical interventions, Hypnotherapy is an essential part of the healing journey bringing Body, Mind & Spirit into harmony.



*Healing Body, Mind & Spirit*

## Why Release Emotions and Limiting Beliefs?

We used to say "seeing is believing". Now as a result of studies done in the area of Quantum Physics, we know that "believing is seeing". Once we congruently believe something, it becomes manifest in our lives. We are our thoughts. This is not just about positive thinking, it is about congruently believing those thoughts. Because our Unconscious Mind operates behind the scenes, playing out the programs that it has been given in the past, it is essential to release the old programs in order to allow new, healthier ones to form. The problem with traditional change processes is that often it requires conscious effort and will power to maintain the changes. Once the changes happen in the Unconscious Mind, the new behaviour operates on its own.



*All Learning  
All Behaviour  
&  
All Change  
is Unconscious*

### Gain Control over Your Life

- Be More Productive
- Improve Your Relationships
- Build on Your Strengths
- Participate in Your Health

### Connect with Powerful Inner Resources

- Become the Person You Always Wanted to be
- Connect with Who You Are
- Find Inner Peace
- Experience Genuine Happiness

### Create the Changes you Desire

- Release Stress
- Become More Energized
- Change Old Habits
- Sleep Better
- Change Limiting Beliefs