



HYPNOTHERAPY

Fitzpatrick Consultation and Treatment, LLC
Balance, Clarity, and Mindfulness



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HYPNOTHERAPY WITH DR. CRYSTAL FITZPATRICK

Dr. Crystal Fitzpatrick, PhD, APN, ACH is an Advanced Clinical Hypnotherapist. Such prestigious status is granted only to a small percentage (less than 10%) of certified clinical hypnotherapists. It denotes that the practitioner has completed extensive and advanced clinical hypnotherapy training, and has demonstrated proficiency and efficacy in hypnotherapy far beyond the basic level practitioner. Dr. Fitzpatrick received her advanced training at the Institute of Hypnotherapy, and employs the revolutionary hypnotherapy called the Advanced Parts therapy. Dr. Fitzpatrick is certified in Medical/Dental Hypnotherapy and is an esteemed member of International Hypnosis Federation' (IHF). She is also a member of IHF's Medical/Dental Division, which is the highest level of specialty certification bestowed by IHF. Dr. Fitzpatrick has also been awarded the highest honor of Hypnosis Excellence Platinum Award by American International Association of Hypnosis.

Every hypnotherapy sessions with Dr. Fitzpatrick are recorded live using state-of-the-art recording system, and at the end of each session, the client will be provided with a CD or an MP3 recording of the session. This is done so that she/he can maximize the therapeutic effect of the session by being able to listen to his/her most recent hypnotherapy session on a daily basis.

Individually tailored subliminal CDs are also available for the client. Dr. Fitzpatrick works with the-state-of-the-art subliminal recording software to provide you with custom fit subliminal CDs or MP3s to aid in achieving any of the client's therapeutic goals.

Dr. Fitzpatrick utilizes hypnotherapy to effectively treat conditions including, but not limited to:

- Smoking Cessation
- Weight Loss
- Trauma
- Depression
- Grief
- Phobias
- Eating Disorders
- Bipolar Disorder
- Anxiety
- Performance Enhancement
- Scholastic Enhancement
- Sports Enhancement
- Relaxation
- Pain Management
- Medical/Dental Procedural Preparations
- IBS (Irritable Bowel Syndrome)
- Infertility
- Childbirth
- Cancer
- Hypertension
- Diabetes
- Fibromyalgia / Chronic Pain
- PMS
- Chronic Fatigue Syndrome
- Increasing Self-Esteem and Self-Confidence
- Memory Enhancement
- Procrastination
- Addiction
- Insomnia
- and many other physical, medical, and emotional challenges.



WHAT IS HYPNOSIS?

“A relaxed, focused state of concentration.”

That is the definition. But the actual state of hypnosis is a little harder to define. Until recently it was assumed that it was similar to sleep, or that the mind was somehow unconscious. In reality, there is a specific state that the brain enters into when it is receptive to suggestion. This has been discovered on scans during hypnosis. It is not an unusual state of mind, and may feel like you are not in a trance, or in hypnosis. For most people they simply feel relaxed. There is a change in the brain wave activity, similar to that time just before sleep when the alpha state is entered. Your brain's waking state is a beta brain wave, just as you are going to sleep it changes to alpha and then to delta and theta in deep sleep. The alpha state is a very dreamy, pleasant state. During this time the mind is very open to visualizations and creating a rich sensory experience. The more real the experience becomes in the subconscious mind during this state, the more effect it will have on your waking behavior.





HYPNOTHERAPY FAQs

HOW DOES IT FEEL TO BE HYPNOTIZED?

It feels great! Hypnosis is a natural state that feels similar to that feeling you get right before you fall asleep at night. When you awaken, you feel refreshed and revitalized. You just feel as if you are relaxing in a very comfortable space with your eyes closed. You can hear everything--my voice, the sounds outside the building, a car going down the street outside, whatever. Think about it - your unconscious mind uses the same set of ears that your conscious mind hears with! How effective would it be if, once you entered the trance state, you suddenly lost all ability to hear the hypnotherapist's words? You're mindful the entire time, aware of everything going on around you as well as what your unconscious is revealing to you. I liken it to watching TV in one room while a radio plays in another; you can shift your awareness back and forth between the two, concentrating on one but still aware of the other.

WILL I BE ABLE TO GO INTO THE HYPNOTIC STATE?

As a matter of fact, every normal person has many times been in a state which is essentially the same as the hypnotic state. You have, at times, been completely absorbed in something you were doing (i.e. reading a very interesting novel). When you are in this state, people may speak to you and you do not hear. Your attention is piled up on what you are doing. In medical hypnosis, you give your attention to what your therapist is saying to you and other things do not bother you. You will certainly be able to go into the hypnotic state if you cooperate and concentrate on what is being said to you.

WILL I LOSE CONSCIOUSNESS?

No, you will no more lose consciousness in the hypnotic state than you did when you were paying complete attention to the novel or a task.

HYPNOTHERAPY FAQs CONTINUED

CAN I BE HYPNOTIZED AGAINST MY WILL?

No. No matter how well you have learned to go into the hypnotic state, you can always refuse to do so if you desire. You have learned to write but you do not have to write unless you wish to. Hypnosis is the same.

IF I AM IN THE HYPNOTIC STATE AND SOMEONE SUGGESTS I DO AN IMMORAL ACT, WILL I COMPLY?

No, it is unlikely that a person can be caused to violate a concept of morality to which he is strongly attached. However, an ethical hypnotherapist is a professional who is governed by a very strict code and he/she would not think of asking you to do anything immoral.

WILL I BE ABLE TO GO INTO THE HYPNOTIC STATE?

You do not have to believe in hypnosis in order to go into the hypnotic state. You must, however, be willing to go along with what your hypnotherapist tells you.

IS HYPNOSIS "MIND CONTROL"?

Not at all. No one under hypnosis can be induced to do anything against his or her will. Whatever moral and ethical codes you hold in a normal waking state will still be in place under hypnosis. You can actually lie when in hypnosis. Your unconscious mind was formed when you were about age five. Its job is to protect and help you. Just like you cannot be made to do anything against your moral code, you will not say anything that is embarrassing and will not reveal more than you are comfortable doing. Usually, if a hypnotherapist's suggestion conflicts with a client's value system, the client simply brings him or herself up out of hypnosis; they just "wake up." You are in complete control at all times. Hypnotherapy is a gentle, loving process and hypnotherapists are trained to not judge. You will heal and change in your own timing.

WHAT IF I'M UNDER A DOCTOR'S CARE OR TAKING MEDICATION?

If you have any questions about whether or not hypnotherapy will help or conflict with a present medical condition, ask your medical provider. The interesting reaction of hypnosis on medication is that, over long periods of time, it tends to "potentiate" medication, which means if you're currently taking medication, after a series of hypnosis sessions you may find that you need less amounts of it, or a lesser strength of the drug. Hypnosis can often complement traditional medical care and better or more informed doctors favor it. It can act as an adjunct to medical treatment.

CAN HYPNOTHERAPY BE HARMFUL TO ME?

In over two hundred years of recorded hypnosis history, there is no documented case of anyone being hurt with hypnosis. Hypnosis can only be used in a positive way. If anyone tries to give you suggestions against your morals, religious beliefs or anything you feel strongly about, you could instantly emerge from the state of relaxation on your own.

SOME SURGICAL PROCEDURES TAKE SEVERAL HOURS. CAN I STAY IN HYPNOTIC STATE THAT LONG?

Yes, if you are willing and the hypnotherapist asks you to do so.

WILL I HAVE DIFFICULTY AWAKENING?

No, you are at all times able to awaken yourself should you wish to do so. However, it is to your advantage to remain in the hypnotic state until your therapist asks you to awaken.

IS WEAKNESS IN WILL POWER ESSENTIAL FOR HYPNOSIS?

On the contrary, a strong willed person is more likely to be successful in hypnosis. Strictly speaking you put yourself into the hypnotic state. Your therapist can only be a facilitator, a teacher, an instructor. It takes self-control to go into the hypnotic state and with repeated hypnosis you will learn better self-control.



HYPNOTHERAPY FAQs CONTINUED

WHAT DOES HYPNOSIS FEEL LIKE ... OR ... HOW CAN I TELL IF I'M HYPNOTIZED?

Many of us experience a "trance-like" state while listening to some good music on the radio, reading a gripping novel, or even while driving. Here are some personal feelings one may experience when in a hypnotic state:

- Physical and Mental relaxation.
- Fluttering of eyelids when entering and coming out of hypnosis.
- General feeling of drowsiness as if ready to doze.
- Eyelids heavy (extreme effort to raise them).
- Eyes smarting and/or tearing.
- Eyelids locked together, unable to open.
- Jaw muscles relaxed.
- Teeth unclenched.
- Tongue loose and natural. When tense, the tongue goes higher.
- Dryness in mouth.
- Desire to swallow/increased swallowing reflex.
- Moisture at corners of mouth.
- Desire to scratch an itch, but not sure of doing it.
- Twitching or jerking in any part of the body.
- Euphoria (state of well-being).
- Tingling or numbness in any portion of body.
- Heavy feeling in any portion or entire body.
- Desire to laugh, smile, giggle, or cry.
- Lack of desire to open eyes (relaxation feels too good).
- Body warmth or chill.
- Feel personal freedom, carefree or uninhibited.
- Sexual/sensual stimulation or awareness.
- Time distortion

- Voice sounds fading in and out.
- Letting go as if falling asleep.
- Occasional involuntary sigh.
- Feeling of lightness.
- Feeling of floating.
- Partial body detachment as if part of the body is not there.



BENEFITS OF HYPNOSIS

A wonderful quality of hypnosis is that you can be taught to use it alone, at will, and without complicated procedures. This fact makes many benefits readily available throughout your lifetime.

Hypnosis can be used to further any human endeavor. With hypnosis you can:

- Develop and express awareness and intuition.
- Feel worthwhile, self-confident, zestful.
- Gain a happier home life; become a better husband, wife, parent, or friend.
- Acquire the ability to relax completely in any situation.
- Make better decisions.
- Improve concentration and Overcome procrastination.
- Increase the quality of your emotional expression.
- Reduce conflict and stress.
- Promote health and well-being.
- Regain your natural ability to sleep easily.
- Sell yourself, your ideas, and your services with confidence and enthusiasm.
- Increase your income.
- Attract and maintain worthwhile friendships.
- Discover your negative mental patterns and how they affect you.
- Free yourself from hostility, resentment, fear of rejection.
- Select your goals in life; chart your course for their realization.
- Program your mind with positive mental concepts and success attitudes.
- Develop the ability to construct mental images easily.

WHAT HYPNOSIS WILL NOT DO!

Hypnosis will:

- Not make you tell secrets or say anything that you do not want to share.
- Not make you do things against your will.
- Not make you do anything that goes against your ethical and moral values.
- Not make you lose control over yourself.
- Not erase memories.
- Not make you do things that would embarrass or humiliate you.

WHAT HYPNOSIS CAN DO!

Hypnosis CAN:

- Improve your health and wellness
- Change your body to function more efficiently
- Eliminate/ decrease depression and anxiety
- Enhance your performance at work, school, recreational arena, or at home
- Make you quit smoking or shed unwanted weight
- Eliminate/ significantly decrease pain
- Improve sleep, concentration, and attention
- Jump start your motivation
- Stop destructive habits (including addiction)
- Eliminate pain during and after surgery
- Regulate your blood pressure and diabetes
- Decrease stress and anger
- Efficiently deal with grief and loss
- Eliminate phobias
- Increase your overall happiness

So call or email Dr. Fitzpatrick at (908) 419-8931 or cjfitz14@aol.com to start your journey towards a life you have been imagining.



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