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Saturday, May 9th 2015



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## Behind the Scenes with a Hypnotherapist



Nicholas Pollak / June 23, 2014 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)

People see me for all sorts of reasons, from insomnia to understanding relationships. Most come to see a hypnotist when desperate. I tend to have great success with most clients, especially when they are motivated.

When a new client begins, there is suspicion whether hypnosis will help. Those who try are rewarded with a sense of relaxation and well-being. They leave feeling better than when they arrived.

Too often a client finds when going to see a doctor to take two aspirin and call in the morning. I had an instance like that. I went to see a foot doctor. After waiting for an hour, and then having an x-ray, the doctor told me to take two Advil and call in two weeks if the pain has not gone away. Wow, I thought, I feel so much better taking Advil and not knowing why my foot is hurting, especially since it had already been hurting for six months.

Behind-the-Scenes with a Hypnotist - The Front Page Online <http://www.thefrontpageonline.com/en/behind-the-scenes-wi...>  
of she wants to make. I always suggest a minimum of three and a maximum of six sessions to resolve an issue.

That is the biggest headache for a hypnotherapist operating his own practice. For some therapists, clients see them every week or even every month. This may go on for years.

A hypnotist generally resolves a client's matters within the six-session period and now has to wait to have a new client come in.

A hypnotherapist spends more time marketing his services in hopes of creating a steady stream.

The joy is knowing a client does not need to keep coming back month after month.

Although I give each client a self-hypnosis induction to take after completing six sessions, some still like to come back because they enjoy the newly relaxed feelings.

Hypnosis has been around for thousands of years. Only now is it becoming more widely accepted within the medical community and the non-medical community.

The more successes that hypnosis has, the more of a foothold hypnosis gains.

There is a slight turning of the tide from saying hypnosis is nothing more than a cheap stage trick to a respect and recognition.

Whichever you may feel, I have seen much over 23 years I have been a hypnotist. I have seen amazing things that any person can accomplish with the right mindset and positive hypnotic intervention.

Don't be shy, give hypnosis a try.

***Do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***





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Repeat Every 1 Week(s) on : Friday, Saturday, Sunday

Love, incest, mental illness and murder. A 25th an

See more ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme\\_id=1&calendar\\_id=widget-upcoming\\_events-7-title&eventID=23&widget=1&date=2015-05-09&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme_id=1&calendar_id=widget-upcoming_events-7-title&eventID=23&widget=1&date=2015-05-09&TB_iframe=1&tbWidth=600&tbHeight=500))

**'Row After Row' & 'A Small Fire'** ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar\\_id=widget-upcoming\\_events-7-title&theme\\_id=1&eventID=24&widget=1&date=2015-05-09&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&calendar_id=widget-upcoming_events-7-title&theme_id=1&eventID=24&widget=1&date=2015-05-09&TB_iframe=1&tbWidth=600&tbHeight=500))

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Repeat Every 1 Week(s) on : Friday, Saturday, Sunday

The multiple award-winning Echo Theater Company, n

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Repeat Every 1 Week(s) on : Wednesday,Thursday,Friday,Saturday,Sunday

A secret cache of letters brings together a former

See more ([http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme\\_id=1&calendar\\_id=widget-upcoming\\_events-7-title&eventID=16&widget=1&date=2015-05-09&TB\\_iframe=1&tbWidth=600&tbHeight=500](http://www.thefrontpageonline.com/wp-admin/admin-ajax.php?action=spidercalendarbig&theme_id=1&calendar_id=widget-upcoming_events-7-title&eventID=16&widget=1&date=2015-05-09&TB_iframe=1&tbWidth=600&tbHeight=500))

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