

# 2017 Virtual Hypnotherapy Conference Catalog

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*Saturday, April 22, 2017 - 1 hour presentations*

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## **Legal and Ethical Issues, Zoilita Grant**

The difference between legal and ethical issues stems from the division between law and ethics; law controls what people can and cannot do, while ethics are moral standards that govern what people should or should not do. Legal and ethical issues arise frequently, and are commonly encountered in hypnosis professions.

Each hypnosis professional has a responsibility to uphold the public trust and must seek high levels of training both in hypnosis skills and the ethical application of those skills. The ACHE has created a Code of Ethics that is designed to be a guide for ethical professional conduct. This serves as a companion to Federal and state laws and regulations. This class will review the Code of Ethics and ways it intersects with and supports laws and regulations

*Zoilita Grant is an Internationally known hypnotic coach, She has dedicated her life to teaching people to use the power of their mind to create successful lives for over 40 years, 35 of those years as a psychotherapist, specializing in hypnosis, and the last five as a life and business hypnotic coach.*

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## **Make Marketing Easier, Adapt Your Message for Any Audience and Increase Your Bottom Line, Rene Brent**

Rene Brent will help you craft and adapt your unique message for any audience and help you effectively get it out into the world. She will review why/how to communicate your point of view and skill set effectively. You will attract a diversity of clients and increase your income.

You will leave with tips to help with effective networking to merchandising your brand. This will be an interesting and practical session to give you the opportunity to live your passion and attract abundance.

Rene is not a marketing professional but is a professional who has learned to market her business. She is very proud that in the last three years she doubled her income each year and had fun along the way.

- Gain awareness about of the WHY you are in business and what may be blocking you from the financial success you desire.
- Develop your unique message.
- Practical skills for effective networking.
- How to market your message without giving away your first born.
- The power of merchandising or writing a book.

*Rene Brent is Certified Clinical Hypnotherapist and an RN for over 25 years. She is an #1*

*International Bestseller author of the book How Big Is Your BUT?, International speaker and on faculty for The Institute of Interpersonal Hypnotherapy.*

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### **Storytelling and Metaphor in Coaching and Changework, James Hazlerig**

Every night, your unconscious mind tells you metaphorical stories in the form of dreams; every well-told story is a hypnotic induction of its own. Sit back and listen as Master Storyteller James Hazlerig provides examples and techniques for communicating with your clients at a whole new level – speaking the language of the unconscious.

- Why storytelling and metaphor are effective in changework and coaching
- How to use stories and metaphors to help your client change
- How to structure a simple story
- How to find your client's metaphors and use them for custom changework
- How to embed suggestions in stories

*James Hazlerig, MA, hypnotist, author, professional musician, and champion storyteller: In 2014, he co-authored Speak Ericksonian: Mastering the Hypnotic Methods of Milton Erickson. His most recent publication is The Little Book of Laughnosis: Using the Hypnotic Power of Unconditional Laughter to Change Lives.*

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### **Hypnotherapy - Specializing in Women's Wellness, Liza Boubari**

We know change is part of life and how we manage change can be helped using the power of our mind. The science of Mind/Body medicine has led the way. Liza specializes in women's wellness – helping women use their mind to manage anxiety, self-acceptance, body image, menstrual cramps, easy birthing, post birth depression, menopause and hot flashes, sleeplessness and irritability.

Learn how to help women understand the cycle of abuse in a relationship and how it can affect their body and health. This presentation is for the hypnosis practitioner who wants to help women manage their health more effectively and confidently for a healthier way of living. This presentation contains 7 main techniques to use with your clients and produce the same degree of success as Liza gets with her own clients.

*Liza Boubari, founder of Heal Within, Inc., is a Certified Clinical Hypnotherapist, Certified Stress Management Counselor, a Certified Domestic Abuse Consultant and a Certified Massage Therapist. Liza specializes in women's issues.*

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### **Hypnosis for Pain Control in Medicine and Dentistry, John Butler**

A large body of evidence indicates that hypnosis can significantly help people who are suffering with acute and chronic pain. Dr. John Butler has developed an extensive range of skills to help these clients, and teaches this class from his great experience in the field. The class covers the basis of how hypnosis influences the mind-body connection and the quickest and most effective methods for controlling pain of different kinds and helping suffering clients.

- Main mechanisms of hypnotic intervention in mind-body pain interactions.
- Hypnotic pain control - self-training.
- Techniques and strategies for training clients in hypnotic pain control.
- Supporting clients with hypnosis during painful medical, surgical and dental treatments.
- Neurophysiological and neuropsychological mechanisms in hypnoanaesthesia and how to use them clinically

*Dr. John Butler is a highly successful hypnotherapist and international hypnotherapy trainer. Hypnoanaesthesia is one of his specialisms and he has been a pioneer in its use in modern clinical settings. He featured in many media demonstrations including a live TV demonstration of surgical hypnoanaesthesia.*

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### **Resolving Phobias, Fears, and Traumas with NLP, Andrew “Duff” McDuffee**

You may have already learned the NLP “fast phobia cure,” but most people don’t know that the NLP “fast phobia cure” is not just for phobias. A recent pilot study with 26 war veterans showed 96% effectiveness in resolving traumatic flashbacks in under four sessions. While this method does not resolve all the symptoms of “complex” PTSD by itself, it does resolve flashbacks and the phobic core of PTSD. Learn how to do this powerful method correctly every time with your clients, including what to do when things don’t go according to the script.

- The importance of a pre-test and how to do it
- Why dissociation is more useful than association when doing regression
- Setting it up so the client stays dissociated, and what to do if the client collapses back into the movie
- When the movie should end exactly
- When NOT to use this technique

*Duff has worked as a coach since 2003, using NLP and hypnosis to create change at the unconscious level. He also has taught Ericksonian Hypnotherapy, NLP, and presented at ACHE and Hypnothoughts. When not coaching, he also manages the NLP publishing company Real People Press.*

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## ***Saturday, April 22, 2017 - 2-hour workshops***

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### **Transforming Negative Self-Talk, Mark Andreas**

Many people believe we need to fight or overcome our inner critics, or just ignore them and “think positive.” This simply doesn’t work, and the truth is that what does work is much easier. When we understand how to uncover the hidden positive purpose of our inner negative self-talk, we can transform our inner critics into supportive allies that will be here for us for the rest of our lives.

- Why battling inner voices can only fail
- Why positive affirmations only add to the problem when we’re already experiencing critical internal dialogue.
- Introducing a simplified version of the Transforming Negative Self-Talk process from the

book “More Transforming Negative Self Talk,” by Steve Andreas.

- Demonstration of the key steps of the process with a client.
- Handout: a printable PDF of the Transforming Negative Self-Talk process

*Andreas trains NLP around the country and runs an NLP Change Coaching private practice, working with people around the world, both in-person and over Skype. Author of “Sweet Fruit from the Bitter Tree” & “Waltzing with Wolverines.”*

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### **Dreamself Technique - the Ultimate Finale for Every Session, Martin Castor Peterson**

Imagine a technique that works with integration of inner child, unleashing hidden potential, positive reframing and resources, integration of skillsets, making peace with self and the past, finding the love for life, adapting all positives from the previous session, empowering the client with success, changing the brain to more success and power... and more. In one tool. Well, that is the Dream Self technique.

- Integrate dreams and present skills
- Make the client accept their life and body
- Let the client make peace with their past
- Fully integrate the inner child
- Get any client to release stress and wake up with a smile

*Martin Castor Peterson MHT Cmt. Receiver of IHF’s Award of Excellence of International Education 2013. Certified HNLN and NLP Trainer, Trainer in Brain-based, Leadership and Training, NLP Practitioner and Master NLP Practitioner, Master Hypnotherapist, Transformational Leadership Consultant. Certified Executive and Professional Life Coach, Conversational Hypnotherapist. Certified Ericksonian Hypnotherapist.*

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### **Cinema Secrets of Hypnosis, Michael Mezmer**

Many legendary hypnotists throughout modern times, including Gil Boyne, have been consultants on films featuring the subject of hypnosis; some comedic, others dramatic. From the silent film era, right up to the latest Hollywood blockbusters, many “lost” secrets of hypnosis have been captured on film. In this workshop you will learn through watching film clips and practical demonstrations, powerful techniques to enhance your hypnotic skills. Subjects include “the hypnotic gaze,” “rapid induction,” “Archimedes spiral,” creative scripting of inductions, and much more. This is a rare opportunity to learn a unique part of our art. Through the work of past master and the imagination of Hollywood, you will gain knowledge of practical, powerful tools, and concepts that will take your hypnotherapy in new, exciting directions.

- Why prospective clients have pre-conceived, negative ideas about hypnosis and how to turn them into a positive.
- Mezmer's unique methods of induction, inspired by hypnosis films.
- The history of our art through film, and how that continues to have a major influence on hypnotherapy today.
- Multiple suggestibility tests.
- Creating a powerful and positive image as a hypnotist, through the example of Hollywood studios.

*Michael Mezmer studied under Gil Boyne, and is a certified Clinical Hypnotherapist. Michael is one of the world's top stage hypnotists, performing worldwide. He consults to the Unger Medical Group in Rancho Cucamonga, CA using hypnotherapy to aid patients with a variety of issues.*

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### **Initial Interview and Two Sessions, Katherine Zimmerman**

A thorough initial hypnotherapy interview is a critical part of your success in subsequent sessions. If you are new to the field of hypnotherapy or simply need a refresher, this is a valuable demonstration.

The client's goal was to reduce the mental fog associated with peri-menopause. In her follow up session we worked on relieving peri-menopausal symptoms. This session demonstrates how to conduct a follow up session and build on the previous session. The client's goal was to reduce irritability and hot flashes.

*Katherine Zimmerman is an internationally-known author and speaker, Certified Clinical Hypnotherapist, Reiki Master, EFT practitioner and coaches hypnotherapists. Since 1989, she has taught classes on self-hypnosis, EFT, and other related subjects, along with doing presentations on hypnotherapy at professional conferences nationwide.*

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## ***Saturday, April 22, 2017 - 3-hour Workshops***

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**Hypnosis and Sports Performance: Cutting Edge Strategies and Techniques, Hasan Arlan**  
Sports performance programming provides in depth understanding of the winners' mindset and enables hypnotherapists to help professional and non professional sports players to perform at their best. Hypnotherapists will be able to help their clients to acquire the expertise of managing energy, controlling focus and maximizing potential in the long run.

Performance enhancement is structured around mind-body effect, which also includes the foundations of neuropsychological structures that influence performance, establishing new physical and mental patterns and programming the mind and body for increased energy, focused mind and new strategies to deal with the unexpected circumstances. Equipped with such practical and empowering tools, the clients will begin to perform at their best and get a deeper satisfaction from playing sports.

- Learn to access their natural healing mechanisms and control the level of physical and mental energy
- Learn to understand and use stress energy as an empowering tool
- Learn to establish new physical, emotional and mental patterns for a better performance
- Learn to program the mind in the most effective and efficient manner with practical applications
- Learn to set goals, deal with setbacks, hopelessness and unexpected circumstances successfully

*Harlan Arslan earned a degree in psychology in Vancouver Island University and worked for a year with trauma cases in the army. He has been working with hypnosis for the last six years and has been assisting Dr. Butler in his trainings in Turkey.*

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### **Hypnosis for Managing Chronic Conditions, Timothy Trujillo**

Hypnosis has a noble history of helping individuals manage chronic conditions ranging from Allergies and Asthma, to Diabetes, to HIV/AIDS and other Immune Disorders, to Trauma Recovery.

Timothy Trujillo teaches effective evidence-based protocols and techniques to help clients take control of their conditions, resolve symptoms, and experience greater health. Chronic health conditions include Non-communicable and infectious diseases, disabilities, physical and mental impairment and lifestyle dynamics that can, over time, advance toward debility and even death, up to 40 million annually.

Supportive and self-care oriented hypnotic methods can, however, make an immense difference in quality of life, non-progression, positive health outcomes, and even comfort at end of life. In this workshop you will learn how to help make that difference.

- The big picture of chronic conditions
- Overview of common chronic health conditions
- Understanding and applying the Mind/Body interface
- Time-tested protocols, techniques, and scripts
- Effective application through case demonstration

*Timothy L Trujillo integrates Hypnotherapy, Reiki, Acupuncture, and Essential Oils into a comprehensive holistic care model. As founder of First Medicines, he delivers this care to populations in need throughout the world. He chronicled this work in the book Tsunami Effect.*

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### **Working with Groups for Anxiety Management, Lee Evans**

Exploring and understanding anxiety with a group who suffer with anxiety. Focus on the physiology of anxiety, in terms of triggering the sympathetic part of the autonomic nervous system.

The challenge for the medical profession, and why most doctors are struggling to help people to achieve real change based on their training and rapidly diminishing resources.

What fear is for, and how the ANS response has been modified with the development of the CNS over the years, going from the natural instinct of early man and explaining the incorporation of the rules of society, religion, cultural values etc, which has resulted in the development of different emotions such as guilt and anger, which cannot be fully expressed today in society.

- The physiology of anxiety
- ANS - SNS,PNS - The development of CNS
- Demonstrations of hypnosis with anxious patients
- The physiology of conscious breathing
- Methods of accessing the PNS
- Demonstrations to use with a group for the fear response, and how education makes it different
- How to run a workshop which can be tailored to specific topics

*Lee Evans is a certified hypnotherapist based in North Devon, and visiting London. He was trained by Dr John Butler at the Hypnotherapy Training Institute International. He helps people regain control of areas of their lives, often with dramatic life changing results.*

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## *Sunday, April 23, 2017 - 1 hour presentations*

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### **Developing Your Professional Philosophy For Success, Roger Dent**

Whether you have practiced hypnotherapy for one year or thirty years, clearly defining your professional philosophy will increase your personal satisfaction, improve your income, and help to get the most out of each dollar you spend on marketing and continuing education. In this presentation, you will learn the simple steps, key parameters and decision processes for developing your individual practice philosophy. The end product that you will learn to develop will clarify your training needs, focus your marketing, define your optimum client base, and help you create a practice that is both successful and enjoyable. Learn how to manage and control your professional evolution.

- Learn the key values of a well-defined professional philosophy
- How to maximize personal strengths in building your practice
- How to build a rewarding practice around your areas of personal interest
- Critical questions you must answer in defining your professional philosophy
- How to incorporate your values into a powerful tool that will enhance the success of your practice

*Roger Cooper Dent, MBA, CHHt, has enjoyed a successful hypnotherapy practice in Santa Rosa, California since 2010, maximizing his extensive experience in education and corporate management to serve a diverse client population*

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### **The Hero's Journey, Rochelle Jaffe**

The Hero's Journey was identified by the mythologist Joseph Campbell. He recognized that throughout cultures and history, fairy tales, myths, rituals and healing processes- experiences of transformation- followed a similar trajectory, which he called The Hero's Journey. This session describes the Hero's Journey as it applies to hypnotherapy and hypnotic coaching. It offers suggestions for how to work with clients at the particular stage of their own hero's journey. It offers a combination of lecture, experience and demonstration.

- Understanding the Hero's Journey of transformation.

- Its value to hypnotherapists and hypnotic coaches.
- Specifically, how to see your client's journey of transformation as a Hero's Journey, with hypnotic interventions for each step.
- Utilizing hypnosis to meet challenges.
- The final stage of the Hero's Journey is the return. Learn how to utilize the gifts and treasures from the journey.

*Rochelle Jaffe, M.S., CCHt is the Director of the Ashland School of Hypnotherapy, and is on the adjunct faculty of the Psychology Department of Southern Oregon University. She specializes in practicing and teaching the transformative possibilities available when using hypnotherapy and hypnotic coaching.*

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### **Inductions: Instant, Rapid and Progressive – How TO DO Them And When to Use Them, John Butler**

There's a vast array of "induction techniques", from instant to rapid to slow – Dr. John Butler shows you how to choose the best fit for the client, to build up a repertory of the most effective methods, and to adapt them to the occasion and to the individual. With over 35 years' experience and a very wide variety of clients, Dr. Butler addresses the questions of how to respond with clients in distress, child clients, clients with special needs and clients with limited shared language with the therapist. He also covers the important topic of "lead-in" and selecting the point at which to introduce induction. This includes the different parts played by induction depending on whether the session is for programming, analytical hypnotherapy or self-hypnosis training.

*Dr. John Butler is a highly successful hypnotherapist and international hypnotherapy trainer. Hypnoanaesthesia is one of his specialisms and he has been a pioneer in its use in modern clinical settings. He featured in many media demonstrations including a live TV demonstration of surgical hypnoanaesthesia.*

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### **Getting Rid of PTSD for Good, Jane Ann Covington**

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. This equates to approximately 223.4 million people. Up to 20%, approximately 44.7 million people who were or are struggling with PTSD.

You will learn about Jane Ann Covington's Proprietary Method for Getting Rid of Anxiety that shows up in 70% of the population. Her method has a 95% success rate and is well received by clients. Details about PTSD issues will be addressed directly.

- Most effective method for interviewing PTSD client to enhance rapport with client.
- First hypnosis technique to begin gentle conditioning and creating greater rapport and relaxation.
- Brief overview of education covered for self understanding and resources for self help.

- Review of first regression and release, adjusted for clients history.
- Discussion on follow up sessions required for permanent transformation away from PTSD.

*Jane Ann Covington, BA, CCHT, RBT. 30+ years experience Certified Clinical Hypnotherapist, trainer for 22 years at Hypnosis Institute International School Atlanta, GA; ONLINE Training author, speaker, studied stress/coping since 1970's at UC San Francisco and witnessed correlation between stress-anxiety-PTSD.*

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### **Stories as a tool for Creative Conflict Resolution, Mark Andreas**

Want to change the script of conflict in the stories of your own, or your client's life? Listen as I begin by sharing from my book "Sweet Fruit from the Bitter Tree" a collection of true stories of how people resolved intense conflict in creative and surprising ways most of us would never think of. Because metaphor is highly effective in accessing the unconscious mind (and all stories are complex metaphors), these stories offer an incredible resource for change out of conflict. Many readers have spontaneously changed their behavior after reading this book. Have a great time finding out how you can use these stories as effective tools with clients, couples or families, and as a doorway to gaining more behavioral flexibility yourself.

- How we learn through experience, and story is the next best thing
- How story accesses the unconscious mind
- How important it is to hear specific real-life examples of creative solutions to then generate new creative solutions
- How there isn't one solution to a conflict, but MANY possible solutions
- How everyone enjoys a good story and thus story is a powerful teaching tool, used for generations to pass on most sacred wisdom from generation to generation.

*Mark Andreas trains NLP around the country and runs an NLP Change Coaching private practice, working with people around the world, both in-person and over Skype. Author of Sweet Fruit from the Bitter Tree and Waltzing with Wolverines.*

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### **How to Make Forgiveness Work in Hypnotherapy, Axel Hombach**

One of the most powerful tools we have in hypnosis to find closure from the past is forgiveness. To make it work and be sustainable, there are a number of things to be taken into account.

This presentation will address some of the misconceptions on what forgiveness is and how to achieve it with hypnosis.

In order to broaden our understanding of the forgiveness process we are looking into recent research on forgiveness, in psychology, the biological background and what game theory has to do with it. What functions do revenge and hatred have?

Based on these research findings we will then discuss what they mean for our work with clients. What steps have to be taken to make forgiveness really work in hypnosis.

- What it is that makes forgiveness so powerful, and the benefits.
- Explore forgiveness, reconciliation and revenge.
- What game theory has to do with forgiveness: Research findings in biology, psychology and

economics on forgiveness.

- What prerequisites forgiveness work requires.
- How to make forgiveness work in hypnotherapy. How it differs from other cognitive approaches. Why are there no shortcuts if one wants to make forgiveness work sustainably.

*Axel Hombach is a certified hypnotherapist from Cologne, Germany, where he works as hypno-coach and trainer. His self hypnosis courses have become highly popular. Axel has worked over 12 years as business consultant before switching full time to hypnosis.*

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## *Sunday, April 23, 2017 - 2 hour workshops*

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**TBA**

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### **Hypnosis With Children and Adolescents, Zoilita Grant**

This workshop provides a variety of techniques that range from hypnotic play therapy to adolescent group work. Students learn how to work with the developmental stages of children to create very effective hypnotic children's therapy. Many inductions for children will be taught. Participants will receive an excellent handout that contain tools designed to help create real success in their practices.

- How to work with parents
- How to connect to children and adolescents
- Key inductions to use with children and adolescents
- Story Telling protocol
- How to get referrals

*Zoilita is internationally known in hypnosis, which she has been practicing for nearly 50 years. During that time she created a line of hypnosis meditations for the public, wrote twenty-seven books for hypnosis practitioners, and founded Colorado Coaching where she taught five styles of hypnosis.*

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**TBA**

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### **An Integrative Approach to Resolving Insomnia, Andrew "Duff" McDuffee**

According to the NIH, 30% of the US experiences sleep disruption and 10% have symptoms of daytime functional impairment due to sleep deprivation. Lack of sleep contributes to poor cognitive function, weight gain, and even car accidents. Hypnosis is named after the Greek God of sleep, Hypnos, so as hypnotists we ought to be able to solve this problem easily, and in fact we can. In this class, you'll learn an integrative approach to resolving sleep issue combining hypnosis, NLP, light therapy, and evidence-based supplements to help your sleepless clients get a good night's rest every night without drugs.

1. How computer screens keep us awake, and what to do about it.

2. A simple bedtime ritual that will wind your clients down in just a few minutes (so no excuses).
3. How to create an “Ambien button” that your clients can use to get a drug effect without the drugs.
4. What tempo has to do with feeling anxious and how to change it.
5. The exact supplements to take to enhance deep sleep.

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## *Sunday, April 23, 2017 - 3-hour workshops*

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### **Transforming Your Self, Damon Cart**

Based on Steve Andreas' Self-Concept, learn the most powerful generalization a person makes, the 'self', and how to transform your self. Our self-concept transcends time and space. It doesn't matter where you go or how much time passes nor how much you change you still have a continuous sense of self. Are you the you that you want to be? When your behavior aligns with your values you experience self-esteem, confidence, fulfillment, and even happiness. Most systems try to go at these directly and fail. Transforming Your Self teaches you to go directly to the source to create change, your self-concept.

- How does one even create their self-concept?
- How to become conscious of your self-concept.
- How to create rapid change to transform your self into the you you want to be.
- Unstoppable self-esteem and confidence.
- Enhancing personal qualities, transforming ambiguous qualities, building in non-existent qualities, and transforming negative qualities into positive ones.

*Damon Cart is considered to be a natural talent by some of the best NLP trainers in the world. He started the NLP Gym in Santa Cruz, CA. He teaches and coaches clients locally as well as Silicon Valley and throughout the Bay Area.*

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### **Age Regression Through the Side Door, Katherine Zimmerman**

Learn how to regress clients in a less obvious manner that still reaches the initial event and facilitates change. Rescue the wounded child before the Initial Sensitizing Event (ISE). This workshop covers two approaches – both a modified NLP approach to regression and a metaphorical process.

This very successful method of regression has helped clients resolve their issues for over 20 years. Whether you simply need a refresher or are new to regression, this workshop will point you in the right direction. Includes demonstrations.

- How and when to use this method of regression
- How to describe the process to your client
- How to determine when you've reached the ISE
- How to heal the past without re-experiencing the trauma
- How to anchor the change into their future

*Katherine Zimmerman is an internationally-known author and speaker, Certified Clinical Hypnotherapist, Reiki Master, EFT practitioner and coaches hypnotherapists. Since 1989, she has taught classes on self-hypnosis, EFT, and other related subjects, along with doing presentations on hypnotherapy at professional conferences nationwide.*

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### **Dream Interpretation for Personal Growth and Therapeutic Application, Kym Maehl**

Dreams are a magical part of the human experience. They are personal and transpersonal creative performances filled with useful information for individual growth and therapeutic application. In this exciting workshop, Dr. Kym Maehl, will be taking a two-pronged approach to accessing and working with the unique language of dreams.

Part I will focus on teaching participants how to use their own dreams for self-awareness and growth. Emphasis will be given to emotional intensity, color, symbolism, metaphor and archetypes.

Part II will provide guidance on the therapeutic application of dream interpretation for hypnotherapists, specifically “energy resolution” and “re-dreaming”©. Dream Journaling will also be covered and individual dream glossaries started.

- A deeper understanding of the healing potential within dreams and dream-work.
- Gain a working knowledge of individual dream language.
- Receive explanation and demonstration of the hypnotic practice of “energy resolution.”
- Receive explanation and demonstration of the hypnotic practice of “re-dreaming.”
- Be introduced to the therapeutic value of personal Dream Journaling and individual dream glossaries.

*Dr. Kym Maehl is a Transformational Life Coach and Clinical Hypnotherapist in Northern Nevada. She's been a counselor for 25+ years and teaches classes in self-hypnosis, expressive arts therapy and dream interpretation. She is the author of, The Lunar Key – An Adventure in Understanding Your Dreams.*

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