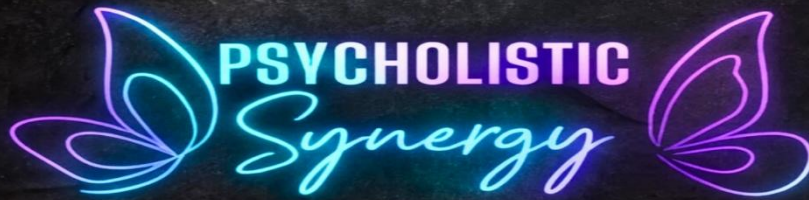


Preparing for Your Hypnotherapy Experience



*PsychHolistic
Synergy*

A Guide to Your Upcoming
Session with Nicole Morris, M.A.
Psychology



Areas I Commonly Support

Grief & Loss

Whether you've experienced the death of a loved one, divorce, relationship changes, life transitions, or other significant losses, hypnosis can help create space for healing and emotional processing.

Anxiety & Stress

Learn tools that may help calm the nervous system, reduce overwhelm, and improve emotional regulation.

Family Dysfunction & Relationship Patterns

Explore recurring relationship dynamics, childhood experiences, boundaries, communication patterns, and emotional wounds.

Trauma-Informed Personal Growth

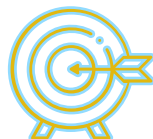
Sessions are approached with compassion, safety, and respect. We move at your pace and focus on building emotional resilience and self-awareness.

Self-Esteem & Confidence

Identify limiting beliefs and strengthen healthier ways of thinking about yourself and your future.

Life Transitions & Personal Growth

Navigate major life changes, discover new perspectives, and build greater confidence, resilience, and self-understanding.



What Is Hypnotherapy

Hypnotherapy is a guided process that uses focused attention, relaxation, and therapeutic techniques to help individuals explore thoughts, emotions, beliefs, and patterns that may be influencing their daily lives.

Many people describe hypnosis as feeling similar to:

- Deep relaxation
- Daydreaming
- Becoming absorbed in a book or movie
- Meditation or guided imagery

The goal is to help create new perspectives, increase self-awareness, and support personal growth and emotional healing.

What Hypnotherapy Is Not

- ✗ Mind control
- ✗ Brainwashing
- ✗ Being unconscious or asleep
- ✗ Giving up control of your thoughts or actions
- ✗ A magic cure or quick fix
- ✗ Stage hypnosis entertainment

During hypnosis, you remain aware, in control, and able to stop the process at any time. Hypnotherapy is not mind control, brainwashing, or sleep.

It is a collaborative process designed to support insight, emotional well-being, and personal growth.

*Healing does not mean the damage never existed.
It means the damage no longer controls your life.*



Before Your Appointment

To get the most from your session:

- ✓ Complete all required intake paperwork
- ✓ Choose a quiet, private location
- ✓ Silence phones and notifications
- ✓ Use headphones when possible
- ✓ Wear comfortable clothing
- ✓ Use a stable internet or phone connection
- ✓ Avoid multitasking during the session
- ✓ Have water nearby
- ✓ Use the restroom beforehand
- ✓ Allow yourself a few minutes to settle in before we begin
- ✓ Consider limiting caffeine prior to your session for optimal relaxation.

Hypnotherapy works best when approached with an open mind, realistic expectations, and a commitment to actively participating in the healing process.

For Zoom & Phone Sessions

Please ensure:

- Children, pets, and other distractions are minimized.
- You are not driving during the session.
- You are seated comfortably in a safe location.
- You can fully focus on the session without interruptions.

During the Session

A typical session may include:

- Discussion of goals and concerns
- Psychoeducation and emotional support
- Guided relaxation or hypnotic techniques
- Reflection and processing
- Practical insights and next steps

Every session is tailored to your individual needs.

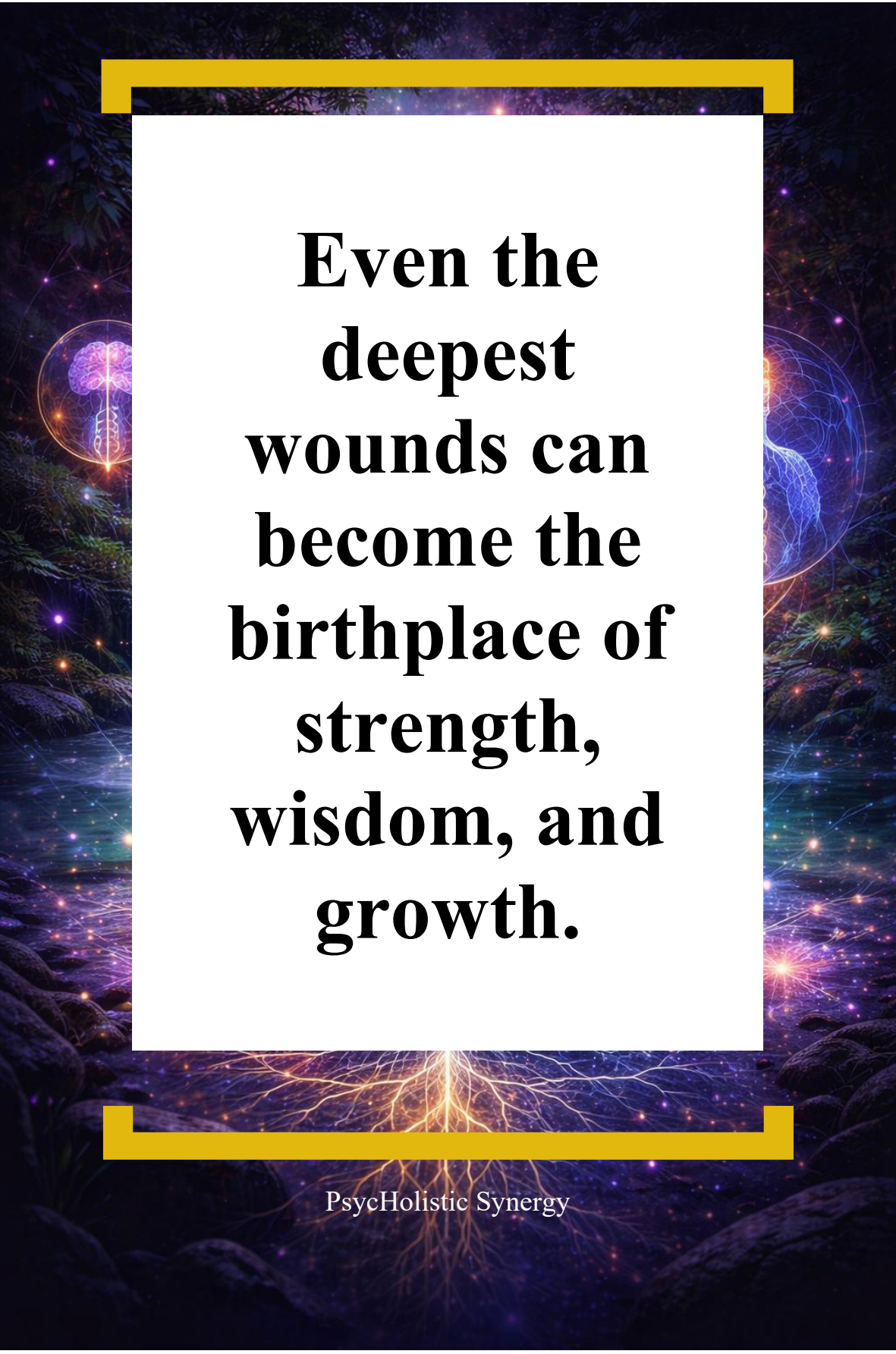
A Final Note

Healing is not about becoming someone new.

It is about reconnecting with the strengths, wisdom, and resilience that already exist within you.

I look forward to supporting you on your journey.

Nicole Morris, M.A. Psychology
Holistic Hypnotherapy Healing
Remote Sessions via Zoom & Phone



**Even the
deepest
wounds can
become the
birthplace of
strength,
wisdom, and
growth.**

PsychHolistic Synergy