



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

Hypno-Healthgram: Issue 35

**September 2013**

**PHONE AND SKYPE HYPNOSIS**

Imagine being able to enjoy and benefit from hypnotherapy in the comfort of your own abode. Add a phone or computer Skype program and you're in business!

A growing number of people are opting for online, phone line, or cell phone hypnosis because of the convenience it offers. It also makes Hypno-Health available to anyone in the world, as long as they can speak English. One person researched 100 websites, chose Hypno-Health, and experienced phone hypnosis from rural Georgia. I've worked with people in Maine, New Hampshire, Massachusetts, New York, New Jersey, Pennsylvania, Illinois, Alabama, Arizona, California, Hawaii and China. The issues, ages and genders of long-distance hypnoites are similar to those of people who come to the Hypno-Health office in Portland, Maine. The setting is different, but the process, procedures and techniques are the same.

An important part of hypnotherapy, along with listening carefully to what people say and how they say it, is observing the non-verbal behavior of facial and body movements. That can still be done during a Skype session, but not by phone. So it's crucial that I listen intently during phone sessions, since ears replace eyes as information collectors. I need to ask more questions – such as asking people to explain what they are doing, when they have completed processing a request in their mind, or when they are ready to move forward with something – to make sure I'm constantly aware of what's happening. I also encourage people to ask questions whenever they come into mind.

People can prepare for phone/Skype sessions, by choosing a comfortable location and atmosphere where they won't be interrupted by phones, televisions, family members, animals, etc. They can arrange to sit, lie down or recline, but need to become as comfortable as possible. They also should use a bathroom beforehand to minimize interruptions during the session. But compare the ease of those preparations with having to get ready for an appointment, travel to the office and then home again afterwards. It's easy to see why non-office sessions are becoming more popular. Many people have come to the office for the initial session and followed that up with at-home ones.

Arranging for a Skype session is pretty easy. First, one needs to have a computer with a webcam and a microphone. Then simply download Skype, making sure to select the “free” version. Establish a Skype contact by selecting a Skype name and asking me to share Skype details. At the appointed time, click on Video Call. Messages can also be sent through the Skype connection. It’s easier than most people think!

Preparing for a phone session takes a bit more work. Ideally, one’s phone has a headset and microphone. If not, speaker phone or a phone receiver propped up on a pillow can work. The important thing is that a person set everything up in advance and make sure (s)he will be comfortable, with nothing in hands free. That enables one to enter the hypnotic state easily and without distractions.

The following comments from a client who experienced phone hypnosis with me, attest to the effectiveness of the process.

“You were an enormous success, because what we did together led me to this (personalized reinforcement technique), and I find myself doing it several times a day; sometimes for just a few minutes, and sometimes for longer. I was so appreciative with how accessible you were, and with your patience and time to explain various things to me outside of our regular sessions. So, thank you, thank you, thank you. You are a wonderful person who truly exemplifies what a health practitioner should do. Every time we spoke, I knew that you were totally focused on me and my needs.

### **HEALTH TIPS**

(From *Natural Health* Nov/Dec 2012 and [naturalhealthmag.com](http://naturalhealthmag.com) Eighteen top health and wellness experts shared their all-time favorite ways to combat seasonal ailments, banish the blues, squelch stress and give your energy levels a boost. While especially for winter months, they can be enjoyed any time of year.)

“TAKE TO THE TUB. Get into a nice hot bath with Epsom salts and maybe some lavender or a few chamomile tea bags. This helps to supercharge winter-dry skin with moisture (make sure to seal it with a nice, rich moisturizer immediately after toweling off). Also, sweat induced by the hot tub soak offloads toxins. Time spent simply lying there warm and relaxed calms the mind as well as the body, which is so important during hectic times. (Hugh’s note: I refer to this as my Hydrotating and Hypnotating time.) And if you take your bath right before bed, it helps your body and mind prepare for a good night’s sleep, improving energy and response to stress, and assisting the immune function in defending against disease.” From Valori Treloar, M.D., C.N.S., an integrative dermatologist in Newton, Mass.

---

## Gift Certificate

Print this certificate and bring it with you to receive

**\$25**

off the cost of an appointment with

**Hugh Sadler, M.Ed., BCCH**  
Board Certified Consulting Hypnotist

---



Hugh Sadler, M.Ed.  
Board Certified Hypnotherapist  
222 Auburn Street ~ Suite 102  
Portland, Maine 04013

Phone: 207.773.5200

E-mail: [sadler@hypno-health.net](mailto:sadler@hypno-health.net)

Website: [www.hypno-health.net](http://www.hypno-health.net)

Happy Health!

*Hugh*

**Remember:** *Hypnosis can be done in the office,  
by phone and via Skype.*