

Client Feedback.....

"Before my hypnosis sessions, I was paralyzed with fear of spiders. After only a few sessions, I was no longer paralyzed with fear and after 6 sessions, spiders no longer bother me at all."

"I highly recommend Arisa Houston as a Hypnotherapist. From my own experience with her, hypnosis was highly beneficial for my nerve disorder, Reflex Sympathetic Dystrophy (RSD). It seemed to ease a lot of the symptoms by relaxing me, and I'm sure that I healed faster due to her help."

"I am so thankful to have found a solution to managing my weight. With hypnosis, my regular cravings for junk food are gone."

"Hypnosis really does work. From early childhood, I had a fear of tests. In middle age, I had to return to college. When it came time to taking my finals, with Arisa's help, I learned how to do self-hypnosis and voila, I scored a B plus."

"I become a non-smoker after just one session. I look forward to success with other issues."



P.S.
You can Bark
like a Dog if
You Want To!

Enjoy the benefits of Hypnosis



Restful sleep
Stress Relief

Weight reduction and management

Improved self-esteem/confidence

Test anxiety relief

Learn Self-Hypnosis

Overcome fears and phobias

Become a non-smoker

Past Life Regression

Improved athletic performance

...and more.

Arisa Houston, CHt
Certified Hypnotherapist

Member:
National Guild of Hypnotists

360-394-3689 Poulsbo
email: Arisa@ArisaHouston.com
www.ArisaHouston.com

**Will I Bark
like a Dog?**



Experience Hypnosis
without Stage Theatrics

Gain control of your Thoughts,
Emotions and Behaviors

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What is Hypnosis?

All hypnosis is self-hypnosis. In other words, every time that we become emotionally involved in a book or movie, we are in a natural hypnotic trance.

Although your conscious mind is aware that you are sitting in a movie theatre watching actors and actresses, your subconscious mind accepts the events in the movie as real because you are in a state of hypnosis.

Our subconscious mind doesn't differentiate between what is real and what is not real; consequently we respond emotionally to what happens on the movie screen.

Hypnosis is derived from the Greek word, hypnos, which means sleep; however it is not a state of sleep. It is instead, a relaxed state of mind that we engage in every day when our brain wave activity slows down to a frequency called "alpha", which we pass through on the way to and from sleep.

When you are hypnotized you stay awake and there is a heightened state of awareness. You are probably more aware than when you are in a non-hypnotic state.

What is Hypnotherapy?

Hypnotherapy utilizes hypnosis and other hypnotic techniques to assist you in goal achievement, motivation and change, personal or spiritual growth, and lastly to aid in release of problems and the causes of problems.

The hypnotherapist is the guide to assist you in reaching a deep level of relaxation in body, mind and spirit. While in this state, the subconscious mind, which is very much like a computer, can accept positive suggestions.

Contrary to Hollywood's portrayal of heroines and heroes turning into zombies at the beck and call of the hypnotist, a person that is under hypnosis is always in control of what they do or say. In fact, if you are in a hypnotic state your awareness is even more heightened than when you are in a non-hypnotic state.

Hypnotherapy can be a very transformational experience. It can help you with issues that have been difficult for you to resolve through discipline or will power. With various hypnotherapy techniques we can uncover the source of your problem and then further access the subconscious mind to facilitate release and re-educating and then resolve your problem.

Experience the transformational alchemy of hypnotherapy as you participate in making the changes necessary to live a wholesome, healthy life.

A personalized, hypnosis CD can also be provided as an added measure of support in your growth process.

Arisa Houston, CHt.

Arisa Houston is a Certified Hypnotherapist and gained certification through the National Guild of Hypnotists in 2002.



Her background also includes Humanistic Counseling, which she studied at the Central School of Counseling and Therapy in Cornwall, England.

Arisa has been a professional free-lance Harpist for over 20 years and has played ambient imagery music for many guided group visualization events.

With a background in music and counseling, Arisa provides a safe, nurturing environment for hypnotherapy to take place.

Her office in Poulsbo is nestled on 5 acres, surrounded by tall trees. The sounds from a Zen pond greets your approach, adding to the ambience of Pacific Northwest tranquility.