

What kind of training does my hypnotherapist have?

Dr. Jeff Kramer is a natural health and wellness specialist who utilizes advanced clinical hypnotherapy and wellness coaching to assist his clients in achieving healthy lifestyle habits. He has advanced degrees and licenses or certifications in many aspects of holistic healthcare; to include, Clinical Hypnotherapy, Sports Hypnosis, Professional & Wellness Coaching, Health Education, Nutrition, and Chiropractic. While he enjoys working with clients that have a variety of needs, he has a particular interest in helping those seeking stop smoking, sport performance, enhanced self-confidence and weight management.

Dr. Kramer is a certified member of the National Guild of Hypnotists, the largest and oldest organization for professional hypnosis in the world (www.ngh.net). As such, he agrees to adhere to the professional code of ethics as established by the NGH.

Hypnosis can be your tool for ultimate success.

I encourage you to call my office and ask how hypnosis can help you. I enjoy answering questions about my hypnosis services, and look forward to speaking with you about how hypnosis can help with your particular needs.



Hypnosis can help you succeed where you never thought success was possible!

Hypnosis is one of the fastest growing fields in human potential and achievement. Because of its ability to reach deep into the foundations of the mind and create lasting change, it is an ideal approach to almost any challenge. Here are just a few examples:

Stop Smoking	Weight Loss
Stress Reduction	Self-Esteem
Feeling Down	Self-Confidence
Remove Fears	Habit Removal
Motivation	Childbirth
Public Speaking	Stage Fright
Anger Issues	Women's Issues
Goal-Setting	Shyness
Concentration	Mood Improvement
Test Anxiety	Children's Issues
Procrastination	Sports Performance

Medically-Referred Issues:

Pain Management	Alcohol Abuse
Diabetes	Depression
Abuse Issues	Anxiety
Drug Abuse	Sexual Issues

Call or visit our website today! I will be happy to answer any questions that you might have so that you can learn more about hypnosis and decide for yourself how hypnotherapy can help you.

(864) 242-5810
www.ABWHypnosis.com

A Better Way Hypnotherapy, LLC

Creating a better way to a more confident and healthier you.

YES!



Hypnosis can help YOU achieve your Goals.

Jeff Kramer, DC, PhD, CHES, CWC, CHt
Certified Clinical Hypnotherapist
& Certified Wellness Coach

A Better Way Hypnotherapy, LLC
150 Milestone Way, Suite A
Greenville, SC 29615
(864) 242-5810
www.ABWHypnosis.com

Advanced Clinical Hypnotherapy

What is hypnosis?

Hypnosis is a naturally-occurring, relaxed state of mind and body, characterized by a heightened state of focused concentration. While in hypnosis, you allow the part of your mind which holds your own personal blueprint - the subconscious - to come to the forefront. In this wonderfully receptive state, the hypnotherapist is able to plant the seeds of lasting, profound change.

What can hypnosis do for me?

Your hypnotherapist will guide you into a hypnotic state through very simple instructions. Once you have achieved this state of focused concentration, you will receive hypnotic suggestions consistent with the changes you want to make.

Using hypnosis, you can rewrite your inner blueprint. By reducing or even eliminating the impact of limiting, self-defeating, or negative programming, you create a clear space in which to install new, positive programming for the life that you desire.

Hypnosis has been used for changing old habits, increasing motivation, reducing stress, and much more. Any mental, emotional or physical situation which is worsened by stress can be improved with hypnosis. In fact, hypnosis has been shown to be effective in reducing stress-related illnesses, and is even used for reducing or eliminating discomfort from chronic illnesses. (Please note: For your safety, we require a note from your physician before working with any medical issues.)

Is hypnosis safe?

Yes. Hypnosis is safe. The use of hypnosis has been sanctioned by the American Medical Association since 1958. Hypnosis is a reliable, time-tested method to help you achieve success where other approaches have failed.

Experiencing hypnosis often feels very similar to experiencing a daydream. Usually people feel very comfortable while in hypnosis and emerge from the hypnotic state feeling very relaxed and refreshed.

Hypnosis has been used for over 200 years, and no one has ever been harmed simply by going into a hypnotic trance. Your hypnotherapist is highly trained and skilled at making your hypnosis experience safe and effective.

What is hypnotherapy?

Hypnotherapy, simply put, is the clinical use of hypnotic techniques to create a receptive environment in the subconscious mind as a means of encouraging improved health and well-being.

At A Better Way Hypnotherapy, we believe in addressing the whole person for the best possible outcome. For that reason, our hypnotherapy program includes wellness coaching, nutrition guidance and other self-empowerment tools. Combining hypnotherapy with these “new” tools allows you to continue implementing your healthy lifestyle habits even after you have finished your basic program of hypnosis.

Can I be hypnotized?

Of course you can be hypnotized! You already have been - many times. Whether or not you realized it, you have been hypnotized thousands, if not millions of times. Remember those times when you have been so lost in thought while driving that you missed your exit, or got home as though on “automatic pilot?” That is a naturally-occurring kind of hypnosis. So is looking right at your keys and not being able to find them!

Other examples of ordinary, everyday hypnosis include daydreaming, or becoming so engrossed in a book that you barely notice your surroundings, or the emotional responses you have to arousing movies or television programs.

Anyone with at least normal intelligence and a willingness to follow instructions can easily achieve a hypnotic state and make good use of that time in hypnosis to improve his or her life. It is this willingness that transforms everyday trance into powerfully helpful hypnosis.

We now know that all hypnosis really is self-hypnosis; you will be as hypnotized as you allow yourself to be and you are the one who chooses to accept those suggestions for the change you want.

Choosing to go into hypnosis on purpose is a wonderful way to step away from the ordinary thoughts of the day and focus on making the changes or dealing with the issues you desire to work on.