

Hypnosis Has Been Accepted By The AMA Since 1958 and By The Catholic Church Since 1956

Dispelling Myths

If you ask Williamsburg Healthy Hypnosis what one of their missions is, they will say to dispel the “voodoo” myth that surrounds hypnosis. Hypnosis is a natural state of being. Everyone is in the state of hypnosis off and on throughout the day. As a matter of fact, every individual enters a natural state of hypnosis at least twice a day: The first is that hazy time when you first awaken; the second is that twilight stage when you are just about to drop off into sleep.

A second myth is that hypnosis is sleep. Brain activity is different during sleep and during hypnosis. In truth, people in the state of hypnosis are aware of their surroundings. Their senses are heightened during this time.

A third myth is that a person gives up all control to the hypnotist. All hypnosis is self-hypnosis. A hypnotist is only a guide. Hypnotized clients are always in control of their mind and body, actions and reactions, and can accept or reject anything that is suggested to them.

What Hypnosis Does

Hypnosis works with the subconscious part of the mind where emotions, memories and imagination are stored. The conscious mind is the logical, analytical and problem solving side of the mind. Consciously most of us know exactly what to do to correct an unwanted habit. Most People with weight issues know what foods to eat and how much, but they continue to overeat the wrong foods. Smokers know that smoking is a dirty, disgusting habit that could kill them, but they still hold on to that cigarette. Why? Because there is something in the subconscious mind that tells them it is okay to continue with bad or unhealthy habits.

Hypnosis uses positive suggestions to change a negative behavior into a positive behavior, enabling the positive behavior to become instant, automatic and permanent.

What You Can Expect

Each client receives free consultation where they learn about hypnosis. We also do a couple of exercises to show you are hypnotizable and a mini hypnotic session so you can feel what it’s like to be in the state of hypnosis. Then when you have your first session you know what to expect and are ready to go.

Williamsburg Healthy Hypnosis provides clients with the tools they can use on their own. WHH doesn’t just do hypnosis, they teach hypnosis.

Clients are also given tasks to enable them to master self-hypnosis techniques, outside of their office sessions.










Since all hypnosis is self-hypnosis, upon completion of their treatment, clients are able to apply the skills they are taught for other situations in life.

Code of Ethics

As members of the National Guild of Hypnotists, WHH practices a strict Code of Ethics and Standards. Information will not be released without written authorization from the client, except as provided by law.

Every client of Williamsburg Healthy Hypnosis receives a Client Bill of Rights, which states the credentials of the hypnotist and outlines the rights of the client.

What is hypnosis good for?

-  Weight Reduction
-  Smoking Cessation
-  Pain Management
-  Stress Management
-  Preparing for Surgery
-  Self-Confidence
-  Removing Fears
-  Motivation
-  Procrastination
-  Concentration
-  And much more

What change do you want to make in your life?

Professional Profile

Andrea Atkins Sacks received her initial training in hypnotism at the Leidecker Institute in Elgin, Illinois. In 2001, she became a certified member of the National Guild of Hypnotists, the largest and oldest organization of its kind in the world. Professional membership in the NGH signifies that an individual possesses specific qualifications, agrees to abide by a strict code of ethics, and will pursue continuing-education studies for annual recertification.

Andy received her certification in Clinical Hypnosis in 2002, and in 2003 received a Pain Management Certification from Healthy Visions Hypnosis of South Carolina. She has served as assistant director to Michael R. (Ron) Eslinger, RN, CRNA, BCH, CMI, director of Healthy Visions Wellness Center in Oakridge, Tennessee, in producing Continuing Education Courses for Nurses and Certified Registered Nurse Anesthetists.

In 2004, Andy obtained certification in Complementary Medical Hypnotism from The Rev. Dr. C. Scott Giles in Illinois. Complementary medical care is intended to help make the allopathic care received by a patient more effective and is always delivered as an adjunct to conventional care. A doctor's referral is required before starting any hypnosis session while a client is under doctor's care.

Stress Management Certification was obtained in 2005 from Shaun Brookhouse of the UK Academy of Therapeutic Arts and Sciences Ltd. based in London England.

And in 2006, Andy received the recognition Board Certified Hypnotist with the NGH.

2009 Smoking Cessation Specialist from the NGH

Professional Profile

Richard Sacks received his hypnosis certification from the National Guild of Hypnotists in 2008.

Being a member of the NGH, Richard abides by a strict code of ethics and pursues continuing education studies for annual recertification.

In 2009, Richard successfully completed the workshop presented by the NGH and thereby has earned the certificate of completion in Pain Management.

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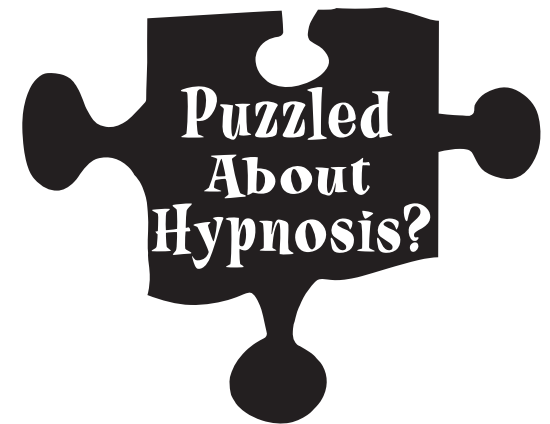
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Hours by Appointment

In order to protect privacy and increase the value of the work, clients are asked to pay for this service personally rather than rely on a third party. Most insurance companies do not cover hypnotic services, and clients should not expect them to do so. As a result, Williamsburg Healthy Hypnosis does not work with insurance companies.

Fees are subject to change without notice. Payment by cash, check, Visa or MasterCard (credit card only) is expected in full at the end of the first session.

Williamsburg Healthy Hypnosis



Ask Me!